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NDP plan 'strongest wetland protection policy in Canada'



Conservation Minister Gord Mackintosh speaks to media on Wednesday about proposed laws that would see Manitoba protect wetlands more vigorously. SHANE GIBSON/METRO

'Tipping point.' Plan aims to reduce risk of flooding and drought, keep phosphorous out of Lake Winnipeg

The province says it is bringing in the toughest wetland protection in Canada to divert harmful nutrients from Lake Winnipeg and to lower the risk of flooding.

Conservation Minister Gord Mackintosh says three-quarters of Manitoba's original wetlands have been drained, and some areas — like the flood-prone Red River basin — are almost completely devoid of them.

At the same time, he said, Lake Winnipeg is at a "tipping point" because of excess phosphorus feeding blue-green algae blooms. Wetlands are key to keeping such nutrients from reaching the lake through runoff, he said, because they retain water and filter out phosphorus.

"The solutions to problems on the lake are found on the land," Mackintosh said Wed-

nnesday. "I'm told this would be the strongest wetland protection policy in Canada."

The proposal is part of an overall water-management strategy released by the NDP. The plan, which includes \$320 million of previously announced funding, is to rejuvenate the lake and lower the risk of flooding and drought.

The strategy brings together previously announced initiatives — such as convincing surrounding provinces and states to sign an accord to help save Lake Winnipeg and limiting development in flood-prone areas — with new changes.

Wetlands protection would mean drainage licences wouldn't be issued and, on the rare occasion that they were, applicants would have to compensate for the loss.

They would have to construct another wetland or perhaps purchase wetland credits, Mackintosh said.

"We're not saying you can't drain," he said. "But if you absolutely must ... you have to make up for the loss of the benefits to the environment by (a ratio of) at least three to one." **THE CANADIAN PRESS**

1
NEWS

Pallister pledges end to tax bracket creep

Manitoba Opposition Leader Brian Pallister promised Tuesday to end so-called bracket creep if he wins the next election.

The pledge was part of a speech to party faithful, in which the Progressive Conservative leader offered his most detailed platform to date.

"We've got to leave money in the hands of working families trying to save up money for a down payment on a new house. We've got to leave more money in the hands of seniors ... and encourage them to have a more secure future," Pallister told more than 100 Tories at a Winnipeg hotel.

Manitoba is one of the few provinces that does not raise its tax brackets automatically every year to match the rate of inflation. As a result, people who get raises that simply match the cost of living can, over time, find themselves bumped into a higher tax bracket.

Manitoba's top tax rate

of 17.4 per cent kicks in at \$67,000, according to the Canada Revenue Agency's website. In Saskatchewan, the top tax rate of 15 per cent starts at \$123,692.

The next election is slated for April 2016, but the Tories have started nominating candidates and putting together a platform in case Premier Greg Selinger calls an early vote.

Pallister has already promised other forms of tax relief, including: reversing the NDP government's sales-tax increase last year, raising the basic personal exemption for income taxes and increasing the housing allowance for people on social assistance.

THE CANADIAN PRESS

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Ross McGowan, president and CEO of CentreVenture, said his organization will be using the experience it gained in developing north Main Street now on south Main. BERNICE PONTANILLA/METRO

CentreVenture working on plan for south Main St.

'Major Artery'

Business development plan targets vacant storefronts, surface parking lots

CentreVenture will begin to work on a plan for the stretch of Main Street south of Portage Avenue to the Red River.

On Wednesday, city council's executive policy committee voted in favour of CentreVenture's agreement renewal and its 2014-16 business plan that includes the redevelopment of south Main.

According to CentreVenture's business plan, tackling vacant storefronts and surface

Carlton Inn gone

Ross McGowan of CentreVenture said he expects plans for the site of the former Carlton Inn to be made public "in the next several months." In the meantime, CentreVenture is paying for the demolition of the site to make way for a new building of buildings. However, McGowan said this bill will be passed on to whomever takes over the site.

parking lots are chief among the goals.

Ross McGowan, president and CEO of CentreVenture, said the south Main plans build on their successes in the north

part of Main Street, with developments such as the Winnipeg Regional Health Authority, the United Way, Bell Hotel and Paterson Global Food Institute.

"We felt that it was important to start to have a look at what the development opportunities are there, start to look at the scale and streetscape of Main Street, as a major artery entering the city," he said, adding they'll be co-ordinating with The Forks and building owners.

McGowan said four-to-six-storey office or residential buildings would be a likely fit for this area.

Mayor Sam Katz said he'd like to see improved access to The Forks, above or underground, and more residential.

BERNICE PONTANILLA/METRO



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North East Winnipeg

Cops hunt sexual assault suspect

Police are looking for a man after a bike-riding suspect sexually assaulted three women over a five-hour span Tuesday in the Munroe East and Talbot-Grey neighbourhoods.

The assaults happened between 9 a.m. and 2 p.m., and in all cases, the victims, ranging in age from 14 to 21, were approached by a man on a bike who inappropriately touched them after trying to strike up a conversation.

The man is black, in his late teens to early twenties, 5'8" to 6' tall, with a thin athletic build and short black hair. He was wearing jeans and a white T-shirt with "KEC" on the back, and was riding a small, dark bike. METRO

Missing person

Calgarian's car found in Manitoba

Calgary police and Manitoba RCMP say they are concerned after a missing Calgary woman's car was found abandoned in rural Manitoba.

Portage la Prairie RCMP say they found Michelle Matovich's car on the Trans-Canada highway about an hour west of Winnipeg on June 3 at about 1 p.m.

Inside the car they found the woman's luggage, a map and a cell phone. Matovich, 28, has not been seen by her family since the May long weekend.

Police said they are unsure why she was in Manitoba. Calgary police have been alerted.

METRO

Elmwood

Girl, 14, seriously sexually assaulted

A man is behind bars after a 14-year-old girl was seriously sexually assaulted at the suspect's Elmwood home last week.

The victim was walking near Talbot Avenue and Watt Street on June 2 when a man known to her only as "Nick" walked up and began chatting.

The two then went to the man's nearby home in the 300 block of Harbison Avenue, where police say the man committed two serious sexual assaults on the girl.

The victim was able to flee and notify a parent.

Nicholas Raymond Serbynuk, 28, of Winnipeg, has been charged with multiple offences.

METRO



Final curtain call for the Globe Theatre

The Globe Theatre in Portage Place Mall is set to fade to black. The theatre will close for good June 16 due to dwindling attendance, according to a news release from the cinema's owners, Landmark Cinemas Canada. Landmark operates three other cinemas in Winnipeg, including the Grant Park location, and the release goes on to say the company will invest in that more profitable cinema, with renovations scheduled to start in August. SHANE GIBSON/METRO

MEET HERE. SHOP HERE.

PORTAGE
PLACE

City charter. Changes approved to selection method for EPC members

Mayor Sam Katz's powerful executive policy committee has approved changing the way members are chosen for, you guessed it, the executive policy committee.

EPC on Wednesday approved a request to the provincial government for an amendment to the City of Winnipeg charter that would allow council to choose three members of EPC, with the mayor appointing the other three.

"We don't have such an animal as a cabinet, but you've heard many members of the media refer to (EPC) as a cabinet. I think this'll wipe this out once and for all," said Katz, who first tabled the motion during the May 27 city council meeting.

The reform motion now moves on to city council for consideration.

During Wednesday's EPC meeting, Coun. Brian Mayes (St. Vital) shared his concern on how the chair of the Winnipeg Police Board is chosen.

Currently, Coun. Scott



Mayor Sam Katz said he hopes the reforms he proposed for EPC will lead to it no longer being called 'a cabinet.' BERNICE PONTANILLA/METRO

Fielding (St. James-Brooklands) serves in that role, but he was appointed when he was still chair of protection and community services.

Fielding stayed on as board chair after he left EPC and was removed as protection chair.

City officials will be looking into Mayes' concern.

BERNICE PONTANILLA/METRO



Winnipeg gets greener with 200 new bins

Ken Friesen, executive director of the Canadian Beverage Container Recycling Association, Christa Rust, program manager for Recycle Everywhere, Mayor Sam Katz and John Challinor II, chairman of the board for the Canadian Beverage Container Recycling Association (CBCRA), stand next to one of the 200 new recycling/garbage bins placed in downtown Winnipeg. The bins are an initiative of the city and CBCRA's Recycle Everywhere, which have partnered to add 200 new waste and recycling bins on the east side of the Red River. CONTRIBUTED

Humane society

Gopher poison program suspended after dog becomes ill

The City of Winnipeg has suspended its gopher control program after an investigation found deficiencies in the work done.

Winnipeg Humane Society CEO Bill McDonald says a dog became ill after digesting poison pellets intended for gophers at Little Mountain Dog Park.

McDonald says the pellets are supposed to be placed down the gopher holes, which are then to be filled with earth so that dogs can't get at the poison easily.

But McDonald says signs warning dog owners of the poison were placed at a location where many dog owners didn't see it.

The city says it will follow up with the company contracted to do the work, and has also sent city staff to parks where the company was doing work to monitor the situation.

THE CANADIAN PRESS/CJOB

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Air Canada denies claims it gouged officers flying to Moncton funerals

Online claims. Airline fights back against social media rumours, says it offered discounts, free charter flights to police 'travelling to pay their respects' to slain RCMP

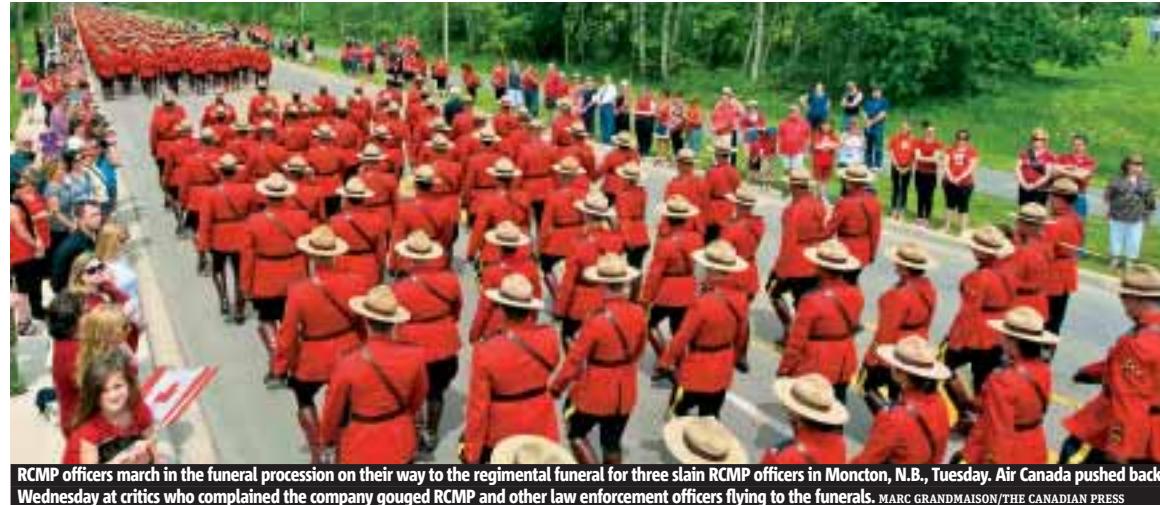
Air Canada pushed back Wednesday at its critics on social media, who complained the company gouged RCMP and other law enforcement officers flying to the Moncton funerals of three slain Mounties.

The airline says it offered a 30 per cent discount on commercial fares to the RCMP to distribute to its people travelling to the funeral, added an extra Toronto-Moncton commercial flight to increase capacity, and put on two free charter flights from Toronto

Danny

Slain Mountie's police dog will get a new partner

Danny, the RCMP police dog whose partner was killed in last week's shooting rampage, will eventually be teamed up with another handler.



RCMP officers march in the funeral procession on their way to the regimental funeral for three slain RCMP officers in Moncton, N.B., Tuesday. Air Canada pushed back Wednesday at critics who complained the company gouged RCMP and other law enforcement officers flying to the funerals. MARC GRANDMAISON/THE CANADIAN PRESS

and Ottawa to Moncton.

The service costs of those charters were donated by employees and the fuel cost donated by "a partner," says Air

Canada, which at first said it was reluctant to shift focus off the Moncton tragedy but was facing inaccurate information spreading online.

One commenter posted on Facebook page that the airline charged "\$725 one-way" in contrast to lower fares of \$195-\$295 later in the week,

but "could have flown those officers for free and never come close to affecting their bottom line."

"This is a disgrace ...

Shame on Air Canada," they added.

Peter Fitzpatrick, a spokesman for the airline, told Torstar Wednesday there was a range of low fares from \$295 and up available to officers travelling to Moncton. He said the fares compared favourably to Air Canada's competitors, adding a bus costs \$185 from Moncton to Toronto.

The airline's flights, even before the Moncton funerals, were already booked at record high rates of 80 per cent, he said.

On Tuesday, Fitzpatrick said, Air Canada operated two charter flights with Airbus A319 aircraft — which seat up to 156 passengers — from Toronto and Ottawa to Moncton, N.B. "to accommodate law enforcement officers travelling to pay their respects to their colleagues who recently lost their lives in the line of duty."

TORSTAR NEWS SERVICE



Const. Dave Ross's dog Danny during the funeral procession on Tuesday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Family says milkshake sent their boy to ER

A Gatineau, Que., family wants to find out what was in their five-year-old son's McDonald's milkshake, which they allege made the boy's tongue burn, his stomach ache and may have led to him being unable to gain weight.

Jon Hansen says he worries his son may have future complications and that he has been fighting with McDonald's for almost a year to release a report that he says proves a compound was added to the chocolate shake.

McDonald's Canada spokesperson Jason Patuano said the company launched an internal investigation and tested the affected milkshake through an independent lab. He said the results were inconclusive, but would not share the report with Metro.

The dispute started July 22 last year when Hansen and his family went to the drive-thru at a McDonald's to get french fries and milkshakes. The English-speaking family said they were ridiculed for not speaking French, and when they got their order, Hansen said the fries "had been stomped on" and his young son said his



Pierce Hansen, 6, and his parents Jon and Jennifer Cameron say a McDonald's milkshake Pierce drank last summer was contaminated.

TREVOR GREENWAY/METRO

tasted a sample directly from the machine, which also tasted normal.

The family then rushed their child to hospital and was advised to call poison control. Hansen was told to monitor his son and to return to emergency if his condition worsened.

Hansen says his son's tastes have changed — he doesn't like chocolate anymore and has been unable to gain any weight over the last year. He worries future complications may come up, and without knowing what was in the shake, doctors can't fully assess what, if any, damage has been done.

"Enough is enough. We want to know the truth, it's as simple as that," said Hansen. "The next time it happens, maybe a child dies."

Hansen said McDonald's lawyers first offered his family a settlement of \$1,000, then \$3,000 and then \$50,000 when they insisted on seeing the report. Patuano would not comment, saying only his firm has tried unsuccessfully to reach an "equitable resolution" with the family.

TREVOR GREENWAY/METRO IN OTTAWA

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Nature magazine.

Researchers find fossils with a primitive jaw precursor, an adaptation that helped vertebrates rule the world

A hungry homo sapiens tucking into a plate of shrimp may

not realize what a stunning reversal of fortunes her dinner represents.

In the primordial seas where life first proliferated, arthropods — the animal family that includes present-day crustaceans — dominated in number and in size, preying on our worm-like vertebrate ancestors with impunity.

But 500 million years later, vertebrates now sit at the top

of the food chain, as any Red Lobster proves.

On Wednesday, researchers from Toronto and Cambridge announced they had discovered 44 fossils of a primitive fish that bear a key adaptation responsible for the later success of vertebrates, including humans.

Chipped out of the Canadian Rockies two summers ago, the fish fossils show a long-hypothesized but never-before-

seen moment: the primitive precursors of the jaw.

"It was a major event in the evolution of vertebrates. After the creation of jaws, vertebrates were able to capture prey and (chew) food," said Jean-Bernard Caron, an invertebrate paleontologist at the Royal Ontario Museum and the University of Toronto who co-authored the Nature paper announcing the specimens. TORSTAR NEWS SERVICE



A depiction by Nature magazine of the sea creature Metaspriggina.
CONWAY MORRIS, JEAN-BERNARD CARON, MARIANNE COLLINS/NATURE/THE ASSOCIATED PRESS

Harm, not help

New York to mull banning gay 'cures'

New York's Democratic-led Assembly was set to discuss a bill on Wednesday that would ban therapy that tries to change a child's sexual orientation. Bans against gay conversion therapy have already gone into law in New Jersey and California.

The American Psychological Association says that there is no evidence that the so-called gay conversion therapy can change someone's sexual orientation. A task force found that it can cause distress and anxiety.

THE ASSOCIATED PRESS

Survey

Going to the doc: married men > single men > cohabitating men

Tie the knot, see a doc? A new study says men are more likely to get medical checkups if they're married rather than just living with a woman.

And, surprisingly, more single guys see the doctor than men with live-in girlfriends.

"Perhaps wives have more influence than girlfriends," suggested lead author Stephen Blumberg.

THE ASSOCIATED PRESS

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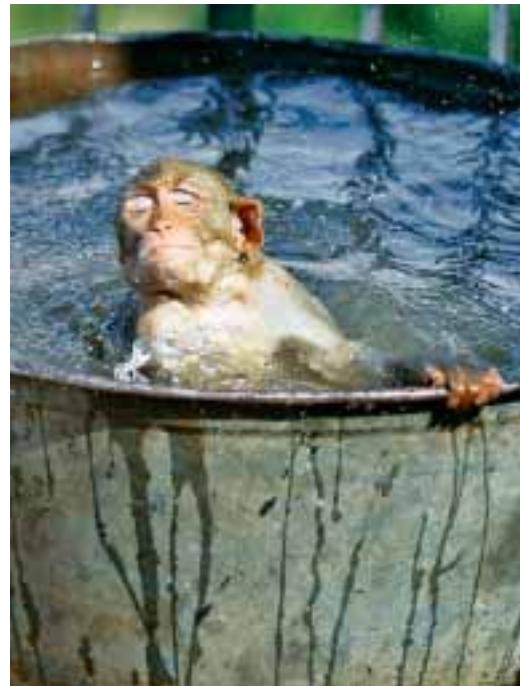
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Ahhh, now that's the life

A monkey cools off in a water tub in the premises of a Hindu temple on a hot summer afternoon in Jammu, India, Wednesday. Severe heat conditions are prevailing across northern India, with temperatures soaring past 45 degrees Celsius at several places.

CHANMI ANAND/THE ASSOCIATED PRESS



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Carnaval will be one of the many, many places in Winnipeg where you can scope out some footy action during the World Cup. SHANE GIBSON/METRO

Places to get your footy fix

World Cup. There are plenty of locales around town where you can gather with fellow soccer fans

It's that time again, Winnipeg, when you realize just how many footy fans of nations such as England, Germany, Portugal, Brazil and Spain there are in the city, their flags adorning cars, trucks, even semis.

Want to know what all the fuss is about? Take in the World Cup at one of these fine locales, or check around your neighbourhood for other places.

Little South America in the Exchange: Since the last World Cup, the Exchange Dis-

trict's Bannatyne Street has seen the rise of three restaurants featuring South American cuisine: Hermano's, Corrientes and Carnaval.

They'll be hosting a kickoff party Thursday at Stephen Juba Park at 11:30 a.m. featuring live music from Papa Mambo and free food to those wearing team jerseys. Subsequent games will be shown at the restaurants.

The new and the traditional: The Shark Club is exchanging skates for cleats — at least once the Stanley Cup playoffs wrap up. The new bar and restaurant inside Cityplace will offer \$20 buckets of Budweiser.

The new location for fans of England is the Grove restaurant at 164 Stafford St.

Portugal fans will continue to gather at the Bomba Club

(611 Sargent Ave.) and the Blue Room Billiards and Campania Club (866 Notre Dame Ave.).

The community clubs: A great way to catch a match is with the uber-fans who live and die with each touch of the ball.

The Caboto Centre on Wilkes Avenue, usually the home of Italy and Argentina, will show all of the 2014 matches on its big-screen TVs. The centre will also be holding a World Cup kickoff social after the Italy-England game on Saturday. Tickets are \$10.

Community clubs open during their own nation's matches are: The Spanish Club at 677 Selkirk Ave., the German Society at 121 Charles St. and the Winnipeg Chilean Association at 892 Burrows Ave.

BERNICE PONTANILLA/METRO

Dream trip lives on four years later

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Four years ago I left Winnipeg on what would be the greatest adventure of my life: Attending the FIFA World Cup in South Africa.

It was my lifelong dream to see Chile, my parents' homeland, play in this storied tournament — the largest single-sport spectacle on the globe.

Little did I know that I'd enjoy my time outside of the soccer stadiums as much as inside.

South Africans opened their hearts to the international tourists, made us feel wel-

come as they proudly showed off how far they'd come as a nation, while acknowledging how far they still had to go.

There are many reasons to criticize FIFA, as well as local government officials in Brazil, for this upcoming tournament.

That saga, and the speculation over whether Russia and Qatar will lose their hosting of the 2018 and 2022 tournaments respectively, will continue long past the end of the final in Rio de Janeiro on July 13, as it should.

However, from now until that final match, let's enjoy the guaranteed highs and lows to take place on and off the pitch.

Over the past few weeks,

I've been re-living my own trip of a lifetime.

How could I forget being so overwhelmed by hearing my Chilean compatriots sing the national anthem at the game against Spain that I was left speechless, tears flowing freely?

How could I forget the Round of 16 match between Argentina and Mexico, watching the legendary Diego Maradona kicking the ball around with his heir apparent Lionel Messi during warm-ups?

There's no losing those memories, and that's my wish for my fellow Canucks as they embark on their Brazilian adventures.



TABLE IS SET FOR SOCCER FEAST

The wait is over. The day soccer fans have been anxiously waiting for is finally here. The 2014 FIFA World Cup kicks off today and to get you in the game, Metro has you covered with the latest from Brazil.

Paraplegic in exoskeleton gets first kick

The first kick at the World Cup opening ceremony will be made by a paraplegic wearing an Iron Man-like robotic bodysuit controlled by signals from the brain.

Brazilian doctor Miguel Nicolelis led a team of 156 scientists from around the world to create the futuristic exoskeleton, which was designed to enable paralysis victims to walk.

At the World Cup opening ceremony Thursday in São Paulo, a paraplegic whose identity has been kept secret will leave behind his or her wheelchair to take to the pitch in the suit and give the tournament's first kick.

Electronic circuits in the device's "feet" will send a return signal to the user via an artificial skin worn on the arm, conveying the sensation of movement and contact.

"Doing a demonstration in a stadium is something very much outside our routine in robotics. It's never been done before," said Nicolelis, a neuroscientist at Duke University.

His voice contains a mix of exhaustion and excitement, the result of 30 years' work, more than 200 scientific pa-



Scientists at work at Miguel Nicolelis' lab in São Paulo.
BIGBONSAI+LENTEVIVAFILMES / AFP

pers and countless clinical tests that are nearing a spectacular summit.

Nicolelis said the idea for the suit came to him in 2002, when scientists were just beginning to explore robotic exoskeletons. "In 2009, after we learned Brazil was hosting the World Cup, they asked me for ideas to show Brazil in a different way than the world usually sees it. That's when I suggested doing a scientific demonstration to teach people that Brazil is investing and has human potential to do things beyond football," he said. **AFP**

Controversy

Scientist dismisses criticism

Some scientists have criticized Miguel Nicolelis for ditching academic publications in favour of mass media — he posts research updates on Facebook — and the anonymity of the lab for the spotlight of the World Cup stage.

Critics have also questioned the practicality of his research and accused him of hogging an unfair

share of the Brazilian government's research budget.

Nicolelis rejects that criticism. "The funding is the same with or without the World Cup. We've received \$14 million from the Brazilian government over the last two years. That's approximately four or five times less than what the United States government invests in a mechanical arm," he said.

"I don't see anything wrong with demonstrating a technology for the whole world that has a humanitarian objective," he added. **AFP**



Belgian fans' cup runneth over with World Cup hopes

Soccer fans from Belgium pose for a photo with a replica of the World Cup trophy on Copacabana beach in Rio de Janeiro, Brazil, Wednesday. The World Cup soccer tournament starts today. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

FIFA taking fans behind the scenes via Instagram

World Cup organizers have arrived on the photo-sharing platform just ahead of the opening match. The **FIFAWorldCup** Instagram account promises to show fans exclusive images from behind the scenes at the 12 Brazilian host stadiums.

The new Instagram account is just one way fans can follow the progress of the world's largest soccer competition online. There is also **FIFA.com**, which will be updated in real time with the latest scores and news from the event.

Twitter users are encouraged to tweet messages and photos on their experience with the hashtags **#myworldcup** or **#CM2014**. And soccer buffs can also click like on the official World Cup Facebook page. **AFP**

Neymar, Rooney and Ronaldo get Nike-designed 3D duffle bags

Nike has designed its first 3D-printed sports bag as the World Cup gets ready for kick-off in Brazil Thursday.

Only three of the limited-edition "Nike Football Rebento" duffle bags have been manufac-



Nike Football Rebento duffle bag.
COURTESY NIKE FOOTBALL

tured, designed to be used during the tournament by star players Neymar Jr., Wayne Rooney and Cristiano Ronaldo.

A 3D-printed leather base provides the structure for the piece, which extends into a laser-sintered

nylon "flex" webbing.

The upper section of the bag fits into the base without the need for glue or adhesive.

The bag was designed with matching shin guards created using 3D-printing techniques for maximum impact protection.

The Mercurial FlyLite Guard uses a webbed shock system instead of the traditional foam to keep the design lightweight.

It will be available to purchase from [nike.com](#) from July 1. **AFP**

Apple gets touch of Soccer Fever at its app store

Just in time for the opening ceremony of the 2014 FIFA World Cup, Apple has curated a set of apps, books and more focusing on the beautiful game and on Brazil itself.

Called Football Fever in every country in the world other than the U.S., where it's been called Soccer Fever instead, the section should not only simplify app discovery but help iPhone- and iPad-owning football fans download titles with confidence as they're all from official partners, blue-chip developers or FIFA itself.

In all there are 20 apps and 14 football-themed games, but the new section also includes the best of football music, the best-selling football books, plus football films and documentaries. **AFP**

Legal mash-up over Tennessee whiskey still sour

Hitting a sour note. Liquor companies at odds over the legal definition of the popular stiff drink from the South

To many, Tennessee means whiskey. But inside the state, the question is: What does Tennessee whiskey mean?

A battle between two worldwide liquor companies — owners of mega-brand Jack Daniel's and smaller rival George Dickel — is being waged over who has the right to label their drink as following authentic Tennessee style. It's among the epicurean battles being

waged around the world over what food and drink should carry special status as local and unique.

London-based liquor conglomerate Diageo PLC opened a heated legislative fight earlier this year seeking to overturn the state's newly established legal definition for Tennessee whiskey that has been championed by Jack Daniel's, which is owned by Louisville, Kentucky-based Brown-Forman Corp. Among the new rules are requirements that whiskey must be

aged in new, charred oak barrels in Tennessee and filtered through maple charcoal prior to aging.

Dickel's owners say they conform with the traditional methods laid out in the state law, but they have cited several reasons for challenging the statute. They claim that a potential shortage of new American oak barrels could threaten production and that future products made by Dickel and the growing number of craft distillers in the state shouldn't be bound by law to follow the old ways.

THE ASSOCIATED PRESS



TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App

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metro



Bring back crystalline fructose and sugar, please!

Fans of Vitaminwater are demanding that parent company Coca-Cola drop a new formula that uses stevia, a low-calorie sweetener known for its metallic aftertaste. Coca-Cola Co. changed the formula for its full-calorie Vitaminwater in May, and the new bottles have been hitting shelves nationwide ever since. Previously, the drinks were sweetened with a mix of crystalline fructose and sugar. Now they are sweetened with a mix of sugar and stevia, a natural sweetener companies use to reduce the sugar content in drinks. The new Vitaminwater still has the same 120 calories per bottle, however. The change has prompted fans of the drink to inundate Vitaminwater's Facebook page with complaints about the taste, and demands that the company bring back the old formula. PHOTO: SCOTT OLSON/GETTY IMAGES; TEXT: THE ASSOCIATED PRESS

Lululemon. More negative energy as founder speaks out against board directors

Shareholders of Lululemon Athletica Inc. re-elected the two directors that company founder Chip Wilson voted against for not aligning with the company's "core values of product and innovation."

Chairman Michael Casey, a former Starbucks executive who recently replaced Wilson in the role, and director RoAnn Costin, a private equity executive, kept their positions at the annual meeting Wednesday in Vancouver.

Wilson announced earlier in the day that he decided to vote against them, saying he believed a change was needed at the board level to increase shareholder value.

"While I am excited about the new management team

that I helped put in place, I am concerned that the board is not aligned with the core values of product and innovation on which the company thrived," he said in a statement before the meeting.

Wilson is Lululemon's largest shareholder with a 27-per-cent stake.

He said his vote against the two directors sends a signal to the financial community that Lululemon must address the board member issue if the company is to recover.

However, the majority of shareholders didn't agree with him, and neither did the company's 13 officers and directors. THE CANADIAN PRESS

Ketchup to cars

Ford, Heinz aim to spin tomato skins into auto parts

Ford Motor Co. and the H.J. Heinz Co., the Pittsburgh-based ketchup maker, are teaming up on research to turn tomato skins into auto parts.

According to a joint news release, scientists at both companies believe they can use tomato fibres to manufacture composite materials used for wiring brackets, or storage bins in cars instead of petroleum-based plastics.

THE ASSOCIATED PRESS

Antitrust commissioner

EU looks into Apple, Starbucks and Fiat tax deals

The European Union's antitrust regulator said Wednesday it is launching an investigation into tax deals that Apple, Starbucks and Fiat struck with several European countries to see whether they violate competition law. THE ASSOCIATED PRESS

Market Minute

DOLLAR
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(+0.31¢)



TSX
14,892.13 (-12.25)

OIL
\$104.40 US (+\$0.05)

Natural gas: \$4.53 US (-\$0.01)
Dow Jones: 16,843.88 (-102.04)

GOLD
\$1,261.20 US (+\$1.10)



GREAT GIFTS FOR THE SATISFACTORY DAD

It's time for Father's Day, that magical time when necktie-company execs celebrate their big annual windfall.

Big Neckwear invented the holiday as a means of selling men's accessories, and they're the only ones who benefit. Everyone else just gets enough ties to start a new soccer league.

When I was a kid, "picking out a gift" on Father's Day meant choosing a necktie shade or, if I was really throwing caution to the wind, a pattern.

This seems especially ridiculous now, because my dad's not really a tie guy. When I was growing up, his tastes were more in the range of his black T-shirt with silver lettering that said "Disco Dad." Maybe the repeating-saxophone-pattern tie I picked out one year would have worked, but I never saw them worn together.

And so today I hope to make up for my disappointing



HE SAYS
John Mazerolle
metronews.ca

childhood by offering this special gift guide for dads of any taste and inclination. (My dad's inclination, incidentally, is usually about 30 degrees, sleeping with his head on the armrest of the couch.)

Dad's Day Gift Guide: Just wait until your father gets home

* For a new twist on an old classic, your dad will love a **"Satisfactory Father" mug**. Your father values honesty and integrity, and that "World's Best Dad" mug lacks credibility.

* Remember that gender-specific gifts are now passé, even offensive. Your father can be whatever he wants to be, so why not favour him with that **negligee** you've been eyeing and watch a Father's Day reaction you'll never forget?

* If your dad is more conservative than that, you could always **buy his vote**. A cool \$100 ought to do it, and then that Animal Alliance Environment Voters Party of Canada candidate in your riding will be one vote closer to victory.

* Two words: **Barbecue apron**. Your father will be so ecstatic you didn't get him a tie that he'll barely notice this is the second most clichéd gift possible, and maybe the only gift even easier to find than a tie.

* Want to get something more personal? Consider a **handmade spare drawer**. Filled with blank tax and medical forms, rubber bands, nails, obsolete computer cables, and keys to locks that might no longer exist, the spare drawer is something every father needs to not need.

Hope that helps! Pick up one of these gifts today or you'll be forced to sprint to the mall for a last-minute gift. Tie goes to the runner.

ZOOM

It's pandamonium!



At the beach under Tsing Ma Bridge in Hong Kong, 1,600 pandas made from recycled paper are put on display in an effort to encourage people to protect endangered animals. The work has already been shown in other cities including Berlin, Paris and Taipei. ALL PHOTOS GETTY IMAGES

Playful art, serious theme

"Environmental conservation is a serious theme, but we express it in an entertaining way. We choose pandas, which are loved by people worldwide, to start with, and later, we can do more to protect other species."

French artist Paulo Grangeon

By the numbers



1,600

Number of papier-mâché pandas on display in Hong Kong — but more significantly, this is the number of giant pandas still alive in the wild, according to the WWF.

Why so few of these cuties?

- **Sex.** Females are only in heat 1 to 3 days a year.
- **Size.** A newborn is 1/900th the size of the mother, making it very weak.
- **Maturity.** A female panda does not reach full sexual maturity until she is 7.5.
- **Shrinking habitat.** The species is now restricted to 20-odd isolated patches of forest mountains in China.



METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 29 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Rumble with the bumble



ANDREW FIFIELD
andrew.fifield@metronews.ca

There are a couple of nice takeaways in this little homespun video of a bumblebee coming to the aid of a hivemate snared by a spider.

One: Bumblebees may look like the Sea Kings of the insect world, but goodness, they're remarkably swift and agile when they take flight. Two: Look at this beautiful technique! Shot in landscape, artfully framed by the windowsill. And narrated by what could be a young David Attenborough. Applause, sir. (Via Functional Electric/YouTube)



THE CANADIAN PRESS/FILM

Collaboration and adaptation come easy to The Sturgeons

Second album

launch. Twin brothers' new record jam-packed with local Winnipeg talent



BACKSTAGE PASS

Jared Story

winnipeg@metronews.ca

For most musicians, a double booked venue is a huge hassle, but the boys in The Sturgeons have been double booked their whole lives.

The Winnipeg roots duo, comprised of identical twins Cal (vocals, guitar) and Luke Hamilton (percussion) not only made the best of the situation, they landed a producer out of it.

"We had a show at 555 Osborne, a double booked show, and we were like, 'Sure, we'll share the night.' He (Jay Tooke, a Winnipeg turned Nashville musician-producer) did this Tom Petty cover band thing and we opened up the night. He liked us and wanted to get involved," Cal says.

"Jay's a fun guy. He was easy to talk to and when we were going through some references for the songs, he was naming off exact musicians that I was thinking of. There's one song that has a kind of eerie Wilco's Yankee Hotel Foxtrot kind of vibe, and he's like 'We need some (Wilco guitarist) Nels Cline kind of guitar in there.'

In addition to Tooke, The Sturgeons' second album, This Is, features instrumentation from such Winnipeg musicians as Sheena Grobb, Sierra Noble and Rory Verbrugge as well



Winnipeg roots duo The Sturgeons release their second album, *This Is*, on June 19. CONTRIBUTED

as pedal steel and dobro from Nashville session player Smith Curry.

Cal says The Sturgeons shine in collaborative situations.

"Luke is one of the best I know of for adapting to people," Cal says. "There are a lot of professional drummers, where if you fall out of time, they just keep the time and wait for you to catch up, but he

adapts so quickly, listening to the song and what people are doing, just fitting right in."

"I've never taken any lessons in drumming. I just play to the songwriter," Luke says. "If they're a rhythmic guitar player like Cal is, it's pretty easy to just follow along, but if they're more just about the song, I try to play to them rather than just keep the beat."

See it for yourself

The Sturgeons showcase their spirit for collaboration at the *This Is* release party at the Park Theatre on June 19, which will feature Grobb and Verbrugge, as well as musicians Marcel Desilets and Raine Hamilton.

- Tickets are \$12 at the Park Theatre and ticketfly.com or \$17 at the door.

- Showtime is 8:30 p.m.



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Ben Affleck ALL PHOTOS GETTY IMAGES

Is Ben Affleck taking a gamble on his marriage?

Ben Affleck's casino habit is apparently driving an even bigger wedge between him and wife Jennifer Garner, who reportedly scuttled plans to spend the summer in Michigan with Affleck while he films Batman vs. Superman: Dawn of Justice, according to Star magazine.

"Jen cancelled her trip. She just doesn't want to be Ben's enabler or babysitter," a source says. "She's completely distraught over Ben's problems. It's a never-ending roller coaster." And that roller

coaster has apparently been continuing at casinos in Detroit and across the border in Ontario, where Affleck has been spotted looking dishevelled and distraught, betting \$5,000 at a time at the tables.

"Ben has a compulsive personality," another source adds. "Once he starts gambling, he can't stop and he stays up all night, betting thousands, then sleeps all day, which infuriates Jen. Jen needs to ask for help from someone — and soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lea's potential new beau may have a steamy alterego

MELINDA TAUB
Metro World News

Matthew Paetz, Lea Michele's rumoured new boyfriend, is very handsome. So handsome that he may have turned pro.

Sources say Paetz and Michele are dating, but they haven't exactly been spotted smuggling on the red carpet. One possible reason they're keeping the relationship quiet: Paetz used to be a male escort named Christian, according to TMZ.

TMZ has screenshots of "Christian's" profile on Cowboys4Angels, an escort service that provides male companionship to ladies. According to his profile, Christian is a certified life coach, dating specialist and massage therapist. His companionship was available for \$350 per hour, \$6,000 for a weekend, or \$17,500 for the whole week.

That's not to say Lea Michele is a client — she reportedly met Paetz on



the set of her music video. Sources say he hasn't been taking on clients since April.

Look. I feel bad even writing about this. When a celebrity is maybe dating a prostitute, one obviously must write it up, but 1) Michele hasn't confirmed that she's dating Paetz; 2) We don't know for sure that Paetz and Christian are one and the same (though the resemblance is striking); and 3) Who cares? Everyone's had an embarrassing job or two. I once got fired from a pirate-themed nightclub. Lea Michele, your boyfriend is fine.

Twitter



@RuPaul
Quick Reminder: Breathe, laugh, repeat



@KevinHart4real
Just touched down in ATL....I slept with my mouth open for the entire flight...I have developed a smell in my mouth that should be banned



@ConanOBrien
Reality Check: I was around in 1973 and saw absolutely no signs of X-Men from the future.



Anna Kendrick

Anna Kendrick admits that her dating game isn't top-notch

It's hard out there for Anna Kendrick. The Pitch Perfect star, who split from director Edgar Wright last year, says that she hasn't been hit on since she made Up in the Air five years ago. "Honest to God," she insists to Elle magazine. Kendrick has kept a fairly low profile, dating-wise, since her breakup. "When I was a teenager, I was an ultra-late bloomer, and my mom would say it was a blessing because it means you never have to wonder if guys are only interested in you because you've got boobs," she tells the magazine. "I would have been thrilled if guys were interested in me because of my boobs!"

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Finding foundation in fashion

Shenae's all that.

Canadian actress, blogger and personality Shenae Grimes talks foot phobias, makeup-after-marriage and her beauty brand collaboration



ELIZABETH
BEDDALL
elizabeth.beddall
@metronews.ca

Perhaps you know her best from Degrassi: The Next Generation, or from playing the role of Annie in the reboot of 90210, but Shenae Grimes has become a force to be reckoned with in the fashion industry of late. She recently chatted with Metro about her move onto the style scene, most recently highlighted by her signing on as the brand ambassador of Annabelle Cosmetics.

I'm sure you've been approached to team with other product lines in the past. So why does Annabelle feel like the right fit for you?

First and foremost, they're Canadian. It's always nice to have an excuse to get back to my roots. I think what they've done for the industry in Canada is very impressive. And as



In addition to being the new face of Annabelle Cosmetics, Grimes just announced that she and her husband are launching an accessories and clothing brand as an extension of their lifestyle blog twohalvesblog.com PROVIDED

for the brand's esthetic — it's definitely the most 'me,' which I guess is why they were excited about me and I'm equally excited about them.

What's one word that describes both Annabelle Cos-

metics and Shenae Grimes?
I think edgy. My style has always been sort of rock 'n' roll glam and I can't think of a better way to describe the brand as well.

You've been in the public eye for a while now. If you were to scold your former self for one beauty choice you've made, what would it be?
Using self-tanners. It's scary. I mean living in L.A. they have airbrush tan artists that mix the colours and do an incredible job. As far as self-tanner out of a bottle — or the kind of spray tan that Ross gets in Friends — we've all had those horrible experiences. I would avoid that.



What's your favourite Annabelle product?

"The Eyelink Liquid Eyeliner is my everyday product — the black — it gives the perfect cat eye."

- "The cat eye is something that will never be not on trend but I think that's something that's particularly booming right now."
- Eyelink Liquid Eyeliner, \$9.95, annabelle.ca

Canadian street style

Spotted in: Toronto

Name: Amrita

Age: 28

Occupation: Owner of PARLOQUE boutique

What she's wearing

Sunglasses from China Town, Vintage silk shirt, Kimchi Blue Paperbag pants, Rita Tesolin Amethyst Bracelet, boots from a New York boutique.

Her inspiration

"Inspired by everything in this all inspiring world."

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Peep priority

"My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better."

Shenae Grimes

Speaking of your hubby, do you feel your beauty routine has changed in any way since settling down with a partner?
Not really. I mean, if I'm running to the grocery store I don't feel pressure to be Kardashian-perfect all the time because he is all for that natural look. It's just given me a little bit more confidence.

You've partnered with a cosmetics brand — but is there a clothing line you would kill to be paired up with?

As far as an existing clothing brand — I'm a shoe fiend so I love Sam Edelman and Steve Madden.

You've interned at Teen Vogue and stated that being a fashion editor would be one of your dream jobs, so if you were the editor of Metro's style section, what would you write about next week?

I'd focus on awesome summer footwear that would be an alternative to the flip-flop. I have weird phobia: I don't like seeing peoples' feet, and I hate flip-flops and they come back every summer. I'd love to do cute summer shoes and boots that you could wear with your jeans shorts and tank tops that avoid the sandal area entirely.

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Choo-sing to strut her stuff solo

Change is a foot.

Jimmy Choo co-founder Tamara Mellon seeks to shake up style world with her own brand

While Jimmy Choo's name was stitched on the soles, Tamara Mellon was the creative driving force and ambassador for the luxury label whose fanciful heels have left a sizable footprint on red carpets and pop culture.

The British entrepreneur co-founded the company in 1996, growing the business from a tiny cobbler's shop in London into an international billion-dollar brand worn by A-list stars and name-checked in hip-hop songs and on Sex and the City.

Mellon sold her share of the company in 2011 and has now launched her own namesake label where she's intent on shaking up the style world when it comes to how clothing is marketed and sold.

"Everything I've done with this business is the complete antithesis to what someone would tell you how to do (things) for success in the fashion industry," Mellon said in an interview at Holt Renfrew's corporate offices following an in-store appearance at the retailer's downtown Toronto flagship store.

"I don't have seasons. I do monthly fashion concepts and it's buy now, wear now, because I don't believe women want to shop four months ahead anymore. I know I want to buy something today and wear it tomorrow."

"I'm delivering spring-

summer in spring-summer and autumn-winter in autumn-winter ... So I'm completely disrupting everything."

Mellon said she believes the reason other companies haven't mirrored her strategy is the large scale of many brands makes it difficult to transition after many years of following the same pattern.

"The lucky thing for me is I started this from scratch."

While she's offered a twist on the more conventional fashion formula, she borrowed a page out of her Jimmy Choo playbook with a collection of wardrobe es-

sentials that will be available year-round — just as she did with the footwear brand.

Her Endless collection features a line of seasonless investment pieces including bras, blazers, sweaters, structured shoulder bags and pointy-toe heels. Meanwhile, the current range of warmer-weather looks is steeped

largely in a palette of black, cream, navy and acid yellow. Boatneck rompers, lace camis and blouses, studded shift dresses and skirts, and trenches and blazers in shimmering Lurex are among the items in the ready-to-wear range.

And of course there is no shortage of footwear offer-

ings, from studded flats to metallic pumps and legging boots, with styles punctuated by rich colours and patterns from python print to honeycomb cutouts.

"When I looked at contemporary (fashion), there was nothing for a sophisticated woman, a woman who wants to be a bit edgy and sophisti-

cated," Mellon said of her creative vision behind the line.

The designer said she continues to work with the same factories in Italy stemming from a commitment to creating handbags and shoes that are investment pieces. Accessories in the line start from around \$500.

THE CANADIAN PRESS

Style's in the stars

Mellon said much has changed in the industry since starting Jimmy Choo, which coincided with the "wave of celebrity" that blanketed the landscape, as well as a shift in consumer habits.

- "Magazines realized that if they put an actress on the cover, their readership went up and then accessories were exploding," she recalled. "I think everyday dress became so much more casual, so accessories became much more important, they became much more of a status symbol ... And now with this, I think the world has changed again with this business. Now with social media, I can have a direct communication with my customer. Before there was a barrier in between us. And that's more important today."



Fashion entrepreneur Tamara Mellon. GEORGE PIMENTEL / THE CANADIAN PRESS

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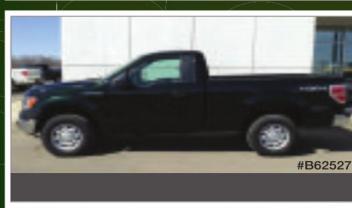
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Custom considerations

You can sometimes get what you want.

Furniture store allows the customer to play designer



DESIGN
CENTRE

Karl Lohnes

home@metronews.ca

Stylish home dwellers want their homes to have a personalized, designer-touch look. Words like eclectic, curated and customized are all buzz words written in the home decor magazines, but how easy is it to get these perfectly thrown together looks?

Many Canadian home furnishings stores are offering custom options on their best-selling pieces of furniture. This ensures you can have a one-of-a-kind piece that your neighbour won't also have.

Here are a few things to consider when customizing your upholstered furniture

that will help your purchases look like you had a designer by your side:

Fabrics

The larger the piece of furniture, the larger the fabric's print can be. Larger pieces can also hold a darker or more dramatic fabric colour due to their proportions. If choosing a solid fabric, then make sure it has some texture to add interest.

Furniture style

Rounded arms will imply a more formal/traditional look while square edges look more masculine, streamlined or modern.

Comfort and size

When sitting on a sofa, the edge of the seat cushion should comfortably meet the inside of the knee. A deeper cushion will give you a lounge style suited for watching television while anything less creates a formal style of sofa seating.

Wood trims/legs

Take the shape of the leg

from the shape of the sofa's arm. If a rounded arm has a rounded leg and vice versa. The stain colour of a wood leg should match the room's larger wooden furnishings or be a shade darker than the wood flooring.

A few months ago, I decided to purchase a single reading chair for the corner of my den. I saw a style I liked, but knew I wanted something more colourful. Upon inquiring at my local Urban Barn store, I found out that a large selection of fabrics, leg styles

and seating comfort options were available to help customize many of the standard upholstery furniture pieces they sell.

I went from a chair style I liked to a custom chair I loved, and all I had to do was ask if those options were available!



Tailor-made just for you

Many Canadian home furnishing stores are offering custom options on their best-selling pieces of furniture.

Groove Chair, left, \$930 (standard), a great standard design was lacking the pizzazz I had hoped for.



Custom Groove Chair, above, with upgraded fabric choice, new leg style option, contrast piping detail, down-wrapped seat upgraded cushion, \$1,300. UrbanBarn.com

PHOTOS CONTRIBUTED

Mosaics say it with tiles or stones

Creating a stone or tile mosaic is the perfect starting point for adding stonework to your home, without splurging on an antique statue. The no-creative-limits project is easy to assemble, and can be placed in just about any space.

Getting started

Head to the hardware store to pick out the stones or tiles for the design. If you have a colour scheme or pattern in mind, considering sketching it first to get a better idea of what supplies you'll need. Be sure that the materials are weather-resistant if the artwork is going to be placed outside. Next, pick out a sturdy base for the stones or tiles (a wooden or stone frame is usually best). To put everything together, you'll need a strong adhesive and concrete or tile grout.

The perfect complement to a garden

If you're looking to complement a garden, consider looking at vibrant flower-shaped tiles and exotic emerald-coloured stones.

Stone Age ideas

For more stone decor ideas, tune into the brand new series Stone Age airing Tuesdays at 9 p.m. ET/PT on DIY Network Canada.

Assembly

Carefully break the stones or tiles into segments, or cut them using a stone cutter for a more uniform look. Place all the pieces into the desired arrangement, and glue them down with the adhesive. Blend the tile grout or cement, and follow the accompanying instructions to ensure that it's the correct consistency (liquid, but not runny). Pour the liquid over into the tiles so that it fills the crevices between the pieces. Before it



A mosaic swirl of vibrant tiles can liven up a bathroom or a garden. ISTOCK

dries, use a soft, wet cloth to wipe off the excess cement and let the product dry.

More ideas

Countless different and dynamic mosaic ideas can be found online. If you're looking to complement a garden, consider looking

at vibrant flower-shaped tiles and exotic emerald-coloured stones. To enhance your bathroom with a relaxing beach theme, check out

some sandy or aquamarine tiles, or think about adding some seashells to the design. Just remember, the possibilities are endless.

That's one manly sandwich!

Chivito. This Father's Day, treat dad to Uruguay's amazing steak and egg sandwich

"Simply defined, the chivito is a steak sandwich — the way the Super Bowl, simply defined, is a football game. You start with thin-sliced steak and pile on bacon, eggs, cheese, lettuce, tomato, roasted peppers, and mayonnaise. It makes a Philly cheesesteak look downright anorexic," writes Steven Raichlen in his book *Man Made Meals*.

1. Cut the rolls almost in half through the side. Spread the cut sides of the rolls with the mayonnaise. Place a lettuce leaf on the bottom of each roll. Set the rolls aside while you cook the bacon, steak, and eggs.

2. Arrange the bacon in a single layer in a cold large skillet and heat over medium

Ingredients

- 2 kaiser rolls
- 3 tbsp mayonnaise, preferably Hellmann's
- 2 Boston lettuce leaves, rinsed and patted dry with paper towels
- 4 slices bacon, cut in half
- 2 beef steaks (3 to 4 oz) cut or pounded 1/4 inch thick
- Coarse salt (kosher or sea) and freshly ground black pepper
- 2 slices Jack or mild cheddar cheese, each about 1 oz
- 2 large eggs
- 1 luscious red ripe tomato, thinly sliced
- 2 large strips roasted red pepper

Cookbook of the Week

Inner workings of a man's kitchen



Man Made Meals offers guys everything they need to achieve confidence and competence in the kitchen. With the inclusion of tools and techniques, Steven Raichlen offers secrets from the pros that will help you understand flavours and flavour boosters, and enhance your recipe repertoire.

There are 300 recipes to choose from. Among them are: Blowtorch Oatmeal, Skillet Rib Steak, Beer Battered Fish, Loaded Potatoes, Rum and Coke Floats, Belgian Beer Brownies and more. **METRO**

heat. Cook the bacon until it is crisp and browned, 3 minutes per side. Transfer the bacon to a plate lined with paper towels to drain. Leave the bacon fat in the skillet.

3. Season the steaks with salt and black pepper to taste. Heat the skillet over high heat. Add the steaks to the

skillet and cook until done to taste, 2 minutes per side for medium.

4. Place the steaks on the rolls, and top them with the bacon and cheese. Leave the fat in the skillet.

5. Once again, heat the skillet, this time over medium-high heat. Crack the eggs into the skillet and cook until the whites are crisp and browned on the bottom and edges, 2 minutes on the first side, 1 minute on the second side,

carefully turning them with a spatula. Slide the eggs into the sandwiches on top of the cheese.

6. Top each egg with slices of tomato and a strip of red pepper, if using, and season the

TOTAL TIME
ABOUT 20 MINUTES



This recipe makes two sandwiches — one for you and one for dad. **LUCY SCHAEFFER**



This recipe makes about 4 cups. **LUCY SCHAEFFER**

Sangria for Grown-Ups

"Nothing says party time like ... sangria," writes Steven Raichlen in *Man Made Meals*. "And few guys make it better than chef-owner Christian Thornton and sommelier John Clift at the restaurant Atria in ... Edgartown, Martha's Vineyard."

1. Slice the orange into wedges and, using a fork, remove and discard any seeds. Place the orange and sugar in a pitcher and muddle (mash) them with the back of a wooden spoon.

2. Stir in rum, ginger liqueur, and St-Germain liqueur and let macerate (steep) overnight in

the refrigerator, covered.

3. When ready to serve, add ice cubes to pitcher. Add the Lambrusco, stir, and serve.

Ingredients

- 1 orange
- 2 tbsp sugar
- 3 oz (6 tbsp) dark rum, such as Myers'
- 3 oz (6 tbsp) ginger liqueur, such as Domaine de Canton
- 2 oz (4 tbsp) St-Germain elderflower liqueur
- Ice cubes
- 1 bottle (750 ml) Lambrusco wine, chilled

For your phone

Kitchen Knife Skills
(iPad/iPhone;
\$4.99)

Enhanced with video lessons, this in-depth handbook teaches the impressive ability chefs have to

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

slice, dice, carve, and butterfly their ingredients. Discover the tricks behind both Western and Japanese styles.

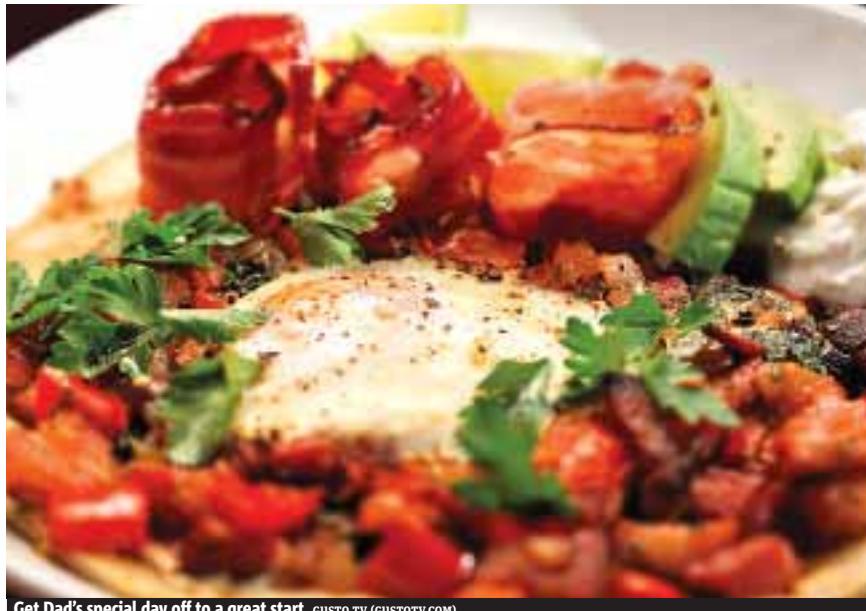


On chicken, you can try meat-saw board, sheared, fibred, and just

Whether you plan to surprise Dad with breakfast, lunch or dinner, Metro has teamed up with Gusto TV (gustotv.com) to bring you some perfect recipes for this Father's Day. Here are our suggestions courtesy of the hosts of *My Kitchen Rules*, *Ask the Butcher* and *Secret Meat Business*.

Metro

Breakfast: Bacon Huevos Rancheros



Get Dad's special day off to a great start. **GUSTO TV (GUSTOTV.COM)**

This Bacon Huevos Rancheros recipe comes from *My Kitchen Rules*, in which 12 home-chef teams compete to determine whose kitchen rules.

1. To make tortillas, mix or process all ingredients to form a smooth dough. Knead for 5 minutes. Cover with a tea towel and rest for 10 minutes. Divide dough into four portions. Roll portions into thin rounds.

2. To make sauce, combine

sauce ingredients in a jug.

3. To make salsa, heat oil in a frying pan over medium heat. Cook speck until golden brown. Set aside. Add onion, garlic, red pepper and spices to same pan. Cook until soft. Stir in tomatoes and speck. Cook, stirring frequently, for 20 minutes or until mixture is soft. Remove from heat. Stir in zest and half the sauce.

4. Preheat oven to 180 C. (350 F)

5. Heat a large lightly oiled frying pan over medium-high heat. Cook tortillas, one at a time, on both sides, until golden and crisp.

6. Arrange tortillas on a large oven tray. Divide salsa over one half of each tortilla, making a well in centre of salsa. Crack an egg in each well. Bake 6-8 minutes or until egg set and cooked to your liking

7. Cook bacon in a lightly oiled frying pan until

Ingredients

Tortillas

- 250 g plain flour
- 100 ml water
- 1 tbsp olive oil
- Pinch salt

Sauce

- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp Worcestershire sauce
- 1 tsp Tabasco sauce

Salsa

- 1 tbsp olive oil
- 100 g piece Speck, diced
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 red pepper, finely diced
- 1/4 tsp dried mixed spices (sumac, thyme, oregano)
- 4 medium tomatoes, deseeded, finely diced
- 1 tsp finely grated lemon zest

Topping

- 4 eggs
- 8 pieces smoked bacon
- 4 tbsp goat's cheese
- 2 small avocados, sliced
- 1/2 cup chopped parsley
- Lime wedges, to serve

browned and crisp.

8. To serve, arrange goat's curd, avocado and bacon on empty side of tortilla. Garnish egg and salsa with parsley. Serve with lime wedges and remaining sauce.

AN ALL-NEW SEASON FIVE OF MY KITCHEN RULES AIRS MONDAYS THROUGH THURSDAYS AT 9 PM EST ON GUSTO TV

Take Dad's dinner to the next level with Aged Rib-Eye



This recipe serves four. **GUSTO TV (GUSTOTV.COM)**

Ask the Butcher host Anthony Puharich's Grilled Aged Rib-Eye with Tomato, Onion and Chipotle Sauce is drool-worthy.

1. Preheat oven to 200 C (390 F)

2. Season steaks with sea salt 2 hours before cooking, and allow to come to room temp.

3. Salsa: Place tomatoes and onion in small ovenproof dish (that holds tomatoes snugly), pour olive oil over and season with sea salt. Roast 1 hour or until skins of tomatoes burn a little.

4. Remove from oven, pull off tomato skins, then place contents of the dish in saucepan and mash tomatoes with tongs. You should have a sauce with lots of olive oil on top. Bring to a boil (then oil will blend in), reduce by a third, then add the chipotle powder and mix through. Cook for a further minute, then remove from heat and allow to cool. Add the parsley and lime juice, then season to taste with sea salt and white pepper. Makes about 250 g (1 cup).

5. Heat a flat or ridged chargrill

Lunch. Banh Mi.



This recipe serves one. GUSTO TV (GUSTOTV.COM)

Chef Adrian Richardson knows his way around a steak. Here is the host of *Secret Meat Business*'s recipe for Banh Mi (Vietnamese Pork Roll).

1. In a large mixing bowl, combine mince, liver, coriander, garlic, ginger, chili, curry powder and a pinch of salt and pepper. Mix until well combined and form patties.

2. Over a medium to high heat, lightly oil a griddle pan. Add patties and cook for 2 - 3 minutes on both sides.

3. Take the baguette and fill with patty and any/all remaining ingredients.

SECRET MEAT BUSINESS AIRS MONDAYS AT 10 PM/10:30 PM EST AND TUESDAYS AT 7 PM/7:30 PM EST ON GUSTO TV

Ingredients

Patty

- 200 g pork mince
- 4 chicken livers, chopped
- 1/2 bunch coriander, roughly chopped
- 1/2 clove garlic, grated
- 1/2 tsp ginger, grated
- 1 bullet chili, finely chopped
- 1/2 tsp curry powder
- Salt and pepper

Sandwich

- Baguette, cut to 6 inch
- 1 tbsp mayonnaise
- 1 tbsp Sriracha chili sauce
- Cucumber, thin strips
- Carrot, thin stripes
- Spring onion, chopped
- Coriander, chopped
- Fresh chili, chopped

Ingredients

- 4 grass-fed rib-eye steaks with bone in, about 360 g each
- Sea salt
- Extra virgin olive oil, for drizzle
- Salsa**
- 4 large vine-ripened tomatoes
- 1 small red onion, thinly sliced
- 100 ml extra virgin olive oil
- 1 1/2 tbsp chipotle chili
- 1 tbsp roughly chopped flat-leaf (Italian) parsley
- Juice of 1 lime
- Sea salt and white pepper powder, to taste

pan on the stovetop or heat barbecue to very hot.

6. Rub steaks with a little olive oil. Cook them for about 2 minutes (for rare), then turn over and cook for a further 2 minutes. Allow the meat to rest in a warm place for 5 minutes.

7. Place steaks on serving plates, top with dollop of room-temperature salsa and drizzle with extra virgin olive oil. Serve with your favourite potatoes and a bowl of boiled greens.

ASK THE BUTCHER AIRS TUESDAYS AT 8 PM & 8:30 PM EST ON GUSTO TV

Refreshing, fermented apple (or pear) juice goodness



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquiddassets@eastlink.ca

It's been a long time coming, but cider has finally found a home in the hearts and mouths of Canadians. A tidal wave of fermented apple juice is rolling across the country.

Artisanal ciders have created a cottage industry in most provinces, but you can find these larger international brands just about everywhere, including on tap at your favourite pub.

Strongbow English Dry

The juicy apple sweet core of this granddaddy of modern ciders ends crunchy and dry (England, 500 ml, \$3.00 to \$3.95).



Foundry Golden

More deeply coloured than Strongbow, with a spicy apple-saucy aroma and rich, baked apple flavour (England, 500 ml, \$3.00 to \$3.88).



Magners Original Irish

Deep and golden with a very dry, ripe apple fruit that ends ripe and well-rounded (Ireland, 500 ml, \$3.15 to \$4.62).



Somersby

Orchard aromatics and Granny Smith meet green Jolly Rancher candy sweetness, soothed by a thirst-quenching carbonation (Denmark, 500 ml, \$3.00 - \$3.94).



Sir Perry Pear Cider

Not as muscular as the apple variety, the outcome has more of a wine vibe. It's subtle and lightly sweet, but finishes dry (England, 500 ml, \$3.00 - \$3.99).



Father's Day on a budget? A D.I.Y. herb garden plan

Barbecue companion.

Instead of heading to the store, make your own gift from scratch



Father's Day and Mother's Day are unlike most other holidays — we don't decorate, we don't attend special services and we are not expected to go overboard with gifts.

Therefore, Father's Day and Mother's Day are days of pure appreciation and love for people who have affected our lives in a way no one else can.

With much thought, it is very possible to purchase a store-bought gift for Father's Day. However, a DIY gift truly speaks to the love we have for Dad.

Naturally, when we think of Dad and summertime, the first thing to come to mind is the barbecue. So why not build him an herb garden? A compact, easy-to-grow herb garden perfectly complements all of his favourite BBQ foods.

How To

1. Begin by thoroughly rinsing PVC pipe with hot water. If you have organic or non-toxic soap on hand, use that to further clean the pipe (white vinegar works, too).

2. Place the PVC pipe with the single-opening side down on heavy plastic or mesh. Using a heavy mark-



A stove-side herb garden also sits well by the barbecue. JORDAN HIPSON FOR METRO



Step 4: Attaching a mesh to allow for drainage. JORDAN HIPSON FOR METRO

Materials

- PVC Wye Pipe – 2 or 3 pipe configurations Heavy plastic or Tight window-screen mesh
- Planting medium (look for a small-planter-specific soil mix)
- Scissors
- Hot glue gun and glue sticks
- Water
- Herbs, depending on Dad's preference: rosemary, dill, fennel, thyme, parsley, chives.

pipe's ends.

6. If your herbs came with plant-markers, place them behind the herb in each opening. Water lightly and trim off any weeping pieces.

Forget the uninspiring ties, socks and cards

This Father's Day treat your Pops to a unique gift he'll definitely not forget. Where to start? Here are a few geographical suggestions for you.

METRO

British Columbia

Dad can reminisce about his younger days spent building forts with a stay in one of Free Spirit Spheres' orb-like suspended cabins in the trees. Stays in these unique treehouses near Qualicum Bay on Vancouver Island start at \$155 a night. freespiritspheres.com

Alberta

Get your dad to unveil his inner dude with a cowboy experience. Alberta Country Vacation features a number of cattle drive packages taking place in July, August and September. Various costs. albertacountryvacation.com

Saskatchewan and Manitoba

Give Dad the chance to see one of the most majestic creatures on Earth: the beluga whale. A trip to Churchill, Man., may be pricey, but the look on Dad's face will be worth it.

For a list of tour providers, visit everythingchurchill.com.

Ontario

Is Dad a speed demon? Let him exercise his heavy foot on an actual racecourse.

The Canadian Tire Motorsport Park (canadiantiremotorsportpark.com) near Bowmanville, Ont., and the Bridgestone Racing Academy, race2000.com, in Toronto are among the courses offering lessons.

Quebec

Your father may be called the king of his castles, but he can be the king of an actual ice palace. It may be a few months away, but reserve his a stay at the Hôtel de Glace in Quebec City (hoteldeglace-canada.com), which is open each year between January and March. A special package is now on for \$179 until June 30.

Nova Scotia

Guys don't dance? Oh, yes they do. Need proof? Watch a flamenco dancer powerfully take over a stage.

The Maria Osende Dance School in Halifax offers an eight-week beginner course (no partner required) ranging from \$99 to \$155. Mom may thank you the next time she takes Dad on the dance floor. mariaosende.com



Frank Emanuele and Norm Furtado hold their son, Luca. The couple began their surrogacy journey years ago, and this year they are celebrating their first Father's Day. CONTRIBUTED

metro FATHER'S DAY GUIDE

Thursday, June 13, 2014

'I just realized, I am a dad now'

First Fathers' Day. London, Ont., couple shares trials and tribulations of finding a surrogate

KATE
RAE
For Metro

Frank Emanuele, a teacher in London, Ont., always knew one thing for sure: He wanted to be a dad. One of the hardest parts about coming out in his early 20s, though, was the realization that, as a gay man, that wouldn't happen easily.

"I told myself I could adopt, but still, I thought I would be doing it alone."

For Norm Furtado, a family

physician, becoming a father was never on the horizon. "It just wasn't something I thought about. I was so career-focused, and becoming a parent just wasn't in the picture. In fact, in my 20s, I would say I was pretty anti-kids. I had just come out and was developing who I was."

But in a sushi restaurant in London on one of the couple's early dates in 2005, everything changed for both of them.

Years of research, heartbreak and baited breath followed as the couple navigated the com-

plex world of surrogacy. Finally, they found their match online: Angela, a mother of four, who offered to be their "oven." Thanks to an egg donor and many tricky discussions and negotiations, the dream of becoming dads looked like it was finally going to become a reality.

Throughout the entire process, Furtado says, Emanuele had his eye on the prize the whole time, while he was more focused on the journey itself.

"I'm much more pragmatic," he says. "I was thinking about scheduling doctor's appointments and taking time off work. The process was really overwhelming. I wouldn't say

I was excited, as much as I was anxious."

But as Angela's pregnancy progressed and hurdles were conquered, Furtado felt his anxiety waning and his excitement growing.

"I think before the baby came — when it was still theoretical — I only thought about parenting in terms of all of the extra work. But as soon as Angela started showing, I started thinking about other things, like school plays."

Furtado's recollection of the moment when his son was born is sharply focused and awash with love for both his husband and baby.

The dads' conversation before fatherhood

"Frank basically said, 'Look, I am having kids. This is where the train is going.' And I don't know my exact words, but I said, 'Yeah, I could have kids with you.' It suddenly seemed possible."

Norm Furtado

"I watched Frank the whole time. I remember the look on his face. I remember the way his hands fell open to welcome our child. I didn't stop to think about what I was feeling. When the moment came to cut the cord, our plan had been to have Frank do it — I didn't want to take that moment from him. But he had his hands full with Luca. It's something I've done many times before as a doctor without even thinking about it. But this time ... Frank moved to a chair we'd set up so Luca could have skin-to-skin contact with him and when that floppy, wet baby was placed on his belly, I just realized, 'I am a dad now.'"

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Chicken Chef FATHER'S DAY SPECIALS,
SUNDAY, JUNE 15TH

BREAKFAST (served until 2pm):
Belgian Waffle with fresh fruit & whipped cream. **\$10.95**

DINNER (served 3pm - 8pm):
2 Piece Chicken - with dinner roll and choice of potato.
Start with Soup or Salad and end with Pie! **\$13.95**

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Go, go gadgets

Useful toys. Tech gifts range from a laptop to a robot that cleans your grill

MIKE YAWNEY
For Metro

Forget the neckties and fancy pens, technology is quickly becoming the go-to gift for dads on Father's Day. Here are a few of the most useful tech gadgets you can surprise dad with this year.

SONY SMARTBAND (\$99.99)

Perfect for dads with an active lifestyle, this activity tracker monitors your movements, as well as your sleep patterns. There are many trackers on the market, but what really sets this one apart is the fact that it tracks your entertainment, giving you an overall snapshot of your lifestyle right on your Android smartphone.

GRILLBOT (\$129.95)

Take the grunt work out of cleaning your grill. Set this small rechargeable robot on your BBQ and stand back as it gets to work scouring backed on residue. The brushes are dishwasher safe, which makes cleaning a breeze. Comes in a variety of colours.

MOPHIE SPACE PACK (\$149.95 AND UP)

The only case in the world which

not only protects your iPhone, it expands the available storage. The Mophie Space Pack adds an additional 16 or 32GB to your iPhone to store everything from music, photos, videos and files. The case also contains an internal battery to double the life of your iPhone.

HTC ONE M8 (\$699.99, NO CONTRACT)

This smartphone sports a sophisticated gun metal finish, perfect for dads who want style and performance. Dual front speakers provide an incredible audio experience, while the camera lets you focus on subjects after you snap the picture, allowing for truly creative photos.

MACBOOK AIR (\$999.99 AND UP)

There's a reason the MacBook Air remains a favourite amongst those on the go. This ultra-thin laptop weighs a mere 1.08 kilograms (just over two pounds)



yet it still has plenty of power. Apple recently updated the processor for added speed, plus it has a battery that will last up to 12 hours on a single charge.

PHILIPS VACUUM BEARD AND STUBBLE TRIMMER (\$49.99)

Help dad look his best. This unique beard trimmer has a built-in vacuum to collect trimmings, ensuring the bathroom sink stays nice and clean. The blades are maintenance free, and can be set to 18 different pre-set lengths.

PEBBLE STEEL SMARTWATCH (\$249)

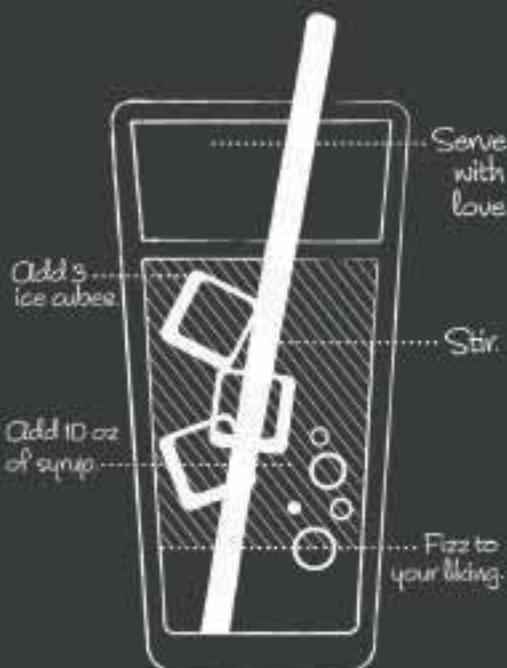
The smartwatch that does much more than just tell time. With thousands of apps, you can get Pebble to control your music, activities, or notify you when your favourite team scores. On top of that, the metal and leather finish will look great on any dad's wrist.



Clockwise from bottom left: Babolat 'Play Pure Drive' tennis racquet, \$450; Mophie Space Pack, \$149.95; Macbook Air, \$999.99; Grillbot, \$129.95; HTC One M8, \$699.99; Sony Smartband, \$99.99; Philips Vacuum Beard and Stubble Trimmer, \$49.99; and Pebble Steel Smartwatch, \$249.



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HAPPY FATHER'S DAY



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Hardware pricing only available with a minimum 24-month contract and minimum \$45/mth Voice and Data plan. Conditions apply. Pricing does not include hardware activation fee. While quantities last. Offer expires Sunday, June 15, 2014, and subject to change. TM and © 2014 Apple Inc. All rights reserved. MTS design mark is a registered trade-mark of Manitoba Telecom Services Inc., used under license.



Robin Wright (left) and Cary Elwes star in *The Princess Bride*. HANDOUT



Bring back the '80s with this pre-teen hit, *The Goonies*. HANDOUT

Flicks for Father's Day

Screentime. Gather up the kids and take in classics from your time

CLAIRE GAGNÉ
For Metro

Looking for something other than *Frozen*? Round in the kids and cuddle up with one of these classics from your childhood.

ROBIN HOOD

What's not to love about a movie in which all the main characters are animals? In this 1973 Disney-animated film, Robin Hood is a sly fox; Maid Marian, the vixen; and Little John, a big cuddly bear. Although not considered one of Disney's hits — and the first film to be produced without Walt Disney's involvement, following his death in 1966 — do the kids really care about character depth and quality animation?

Ages 3 and up. Rated G.



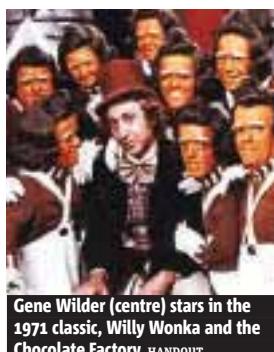
Flash back and entice the kids with the original of classic sci-fi movie, *Star Wars*. THE ASSOCIATED PRESS PHOTO/20TH CENTURY-FOX FILM CORPORATION



Shed a tear (or five) with this woeful film, *E.T.* TORSTAR NEWS SERVICE

THE MUPPET MOVIE (AND ITS SEQUELS)

If your kids liked *Muppets Most Wanted* (2014) or *The Muppets* (2011), introduce them to a little old-school Kermit. The original, called *The Muppet Movie*, came out in 1979 and sees Kermit the Frog journey across the U.S. to find



Gene Wilder (centre) stars in the 1971 classic, *Willy Wonka and the Chocolate Factory*. HANDOUT

fame in Hollywood, picking up new-found pals Miss Piggy, Fozzie Bear and others along the way. The Great Muppet Caper was released in 1981, while *Muppets Take Manhattan* came out in 1984.

Ages 5 and up. Rated G.

YELLOW SUBMARINE

You'll enjoy this 1968 Beatles movie for the music and your kids will love the animated, colourful, rambling adventure of the Beatles as they board the Yellow Submarine to travel to Pepperland and save it from the Blue Meanies, who have drained the underwater paradise of music and colour. Despite the psychedelic look of the animation and suggestions that songs such as "Lucy in the Sky with Diamonds" refer to drugs, there are no drugs or alcohol in this movie.

Ages 5 and up. Rated G.

WILLY WONKA AND THE CHOCOLATE FACTORY

Kids will cheer when poor boy Charlie is victorious at the end of this movie, based on the Roald Dahl classic book *Charlie and the Chocolate Factory*. There are some suspenseful scenes, but this 1971 version is less dark than the 2005 Tim Burton/Johnny Depp release. It's worth it for the "fizzy lift-

ing drink" scene alone, where Charlie and his grandfather begin to float after partaking, and have to burp themselves down to avoid getting sucked into a fan.

Ages 6 and up. Rated G.

STAR WARS

It's not like your kids haven't been begging you to watch it anyway. With Star Wars themed tableware, toothbrushes and board books, the characters and storylines of the two trilogies are entrenched in the imaginations of young kids today. Start with the original (Episode IV: A New Hope, 1977) and have a remote control handy to fast-forward through the scary parts.

Ages 7 and up. Rated PG (Warning: Episode III: Revenge of the Sith is rated PG 13).

E.T.: THE EXTRA-TERRESTRIAL

Who doesn't remember the heartwarming story of E.T., the alien who is left behind on earth by his fellow aliens and befriended by 10-year-old Elliott. Your kids will identify with Elliott and his comrades, and you'll be transported back to a time in your life when everything seemed simpler. Warning: You just might cry in front of your kids.

Ages 7 and up. Rated PG.

THE PRINCESS BRIDE

Sooo many iconic lines: "Hello, my name is Inigo Montoya. You killed my father. Prepare to die." "Inconceivable!" The Princess Bride is a fairy-tale with something for everyone — "fencing, fighting, torture, revenge, giants, monsters, chases, escapes, true love and miracles." The young boy (Fred Savage, star of the iconic TV show, *The Wonder Years*), whose grandfather reads him the story, becomes enraptured by the story of good versus evil, friendship and sacrifice and so will your kids. Of note: Princess Buttercup is played by Robin Wright from *House of Cards*.

Ages 8 and up. Rated PG.

THE GOONIES

Ask a 30-something dad in Toronto what movie they remember liking as a kid, and *The Goonies* comes up time and time again. And it's no wonder - in this action-packed adventure film, a group of misfit kids sets off on a real-life pirate treasure hunt. Rumour has it *The Goonies II* is in the works, making this a perfect time to expose your tweens to the original.

Ages 9 and up. Rated PG.

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HAPPY FATHER'S DAY



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SHOPPERS
DRUG MART





Enviro Dad blogger, Eric Novak, of Ajax, Ont., and his children share time together, creating a big splash in their backyard pool. CONTRIBUTED

Celebrate dad differently

Memories. Father's Day may mean finding a new way to honour or remember your loved one

ASTRID
VAN DEN BROEK
For Metro

Perhaps you don't have a father in your life, but you do have an uncle who helped raise you. Or maybe, sadly, this is the first year spent without dad by your side. When it comes to celebrating Father's Day this year, who says it has to be a dads-only event? Here are some tips to toast dads-of-all-stripes, whether they're with you, in-person, or not.

Think about a donation

Looking for a way to honour your father? Perhaps make a

donation to his favourite charity in his memory or plant a tree either in your yard or in a memorial forest. Or, if your father lived with a chronic illness, consider raising money and running a race in his memory, while supporting a good cause.

Take in an experience

Try reliving an experience with your beloved relative. "Growing up, for many years my father was never in my life," says Eric Novak, blogger and editor of envirodad.com. "I had a Big Brother through the United Way and an uncle who filled in those roles. And for my

Be creative

When celebrating a unique father-figure in your life, dad blogger Ricky Shetty, a blogger with daddyblogger.com, suggests to keep your mind open. "Think of these three tips: the more personalized the better, the more creative the better, the more unique the better," says Shetty.

Big Brother and me, our favourite thing was to go to Exhibition Stadium and sit in the grandstands and eat steamed foot-long hot dogs."

Write a letter

This applies to someone who is still in your life, or who

has passed away. Take a bit of time to put together a letter outlining how much you appreciate them in your life and thanking them for what they've done for you. And if your father has died, don't be afraid to purchase a Father's Day card and slip it in the same envelope.

Do what feels right

The website, ourhousegrief.org — the site for the California-based Our House Grief Support Center — suggests doing something tangible to remind yourself of your parent who's long gone. Think of tapping into those memories through your senses by taking a whiff of dad's favourite cologne or ordering and devouring his favourite pizza.

Campaign. Dads speak out for their daughters

Renowned Canadian dads — from political leaders and philanthropists to musicians and sports coaches — are uniting for their daughters, backing a global initiative, Fathers Empowering Daughters. It launched Wednesday by G(irls)20 — a summit mobilizing girls around the world to become the next leaders.

The campaign celebrates the powerful force fathers can play in the advancement of their

daughters, calling on dads to showcase how they've helped their daughters succeed, while encouraging daughters to tell stories about their fathers empowering them. Stories are being shared in self-recorded videos, with kick-offs from the likes of Richard Branson, Ziauddin Yousafzai (Malala's father), Chelsea Clinton and Shakira.

Those high-profile Canadians dads taking part include Prime Minister Stephen Harper,

Liberal leader, Justin Trudeau, musician Sam Roberts, Blue Rodeo frontman Jim Cuddy, producer and composer David Foster and B.C. Lions coach, Wally Buono. Even the campaign's theme song — Little B — has a Canadian touch, co-written by songstress Sarah McLachlan and philanthropist and businessman Frank Giustra.

"This campaign engages men in a unique, personal and meaningful way," said Farah

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•but•
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ANY FIZZ TASTE BETTER.**



HAPPY FATHER'S DAY



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Goldeyes crush AirHogs

Casey clobbering everything in sight

The classic baseball poem Casey at the Bat, written in 1888 by Ernest Thayer, may now be Winnipeg Goldeyes manager Rick Forney's favourite piece of literature. But unlike the fan-favourite piece of balladry, Winnipeg's Casey Haerther isn't striking out at all. When the first baseman is at the dish, good things are happening for the Fish.

Following his repeated heroics Tuesday night where the second-year Goldeye went 4-for-5 with a lead-grabbing home run in the eighth and the game-winning walk-off RBI in the ninth, Haerther and his bat were at it again on Wednesday as the 26-year-old went 3-for-4 with five RBI, handing the Goldeyes a decisive 8-1 win over the Grand Prairie AirHogs.

The Goldeyes got some stellar pitching from Nick Hernandez, Kaohi Downing and Jeffery Stoner, holding the 'Hogs to just five hits.

The Fish will look for the three-game series sweep over Grand Prairie in Thursday's matinée beginning at 11 a.m.

DARRIN BAUMING/FOR METRO

CFL labour dispute

League, players to vote on new deal

The CFL and its players will conduct their ratification votes on a new labour deal later this week.

Independent league sources requesting anonymity say the players will vote Thursday while the CFL's board of governors will do so Friday. THE CANADIAN PRESS

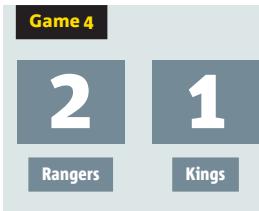


Rangers goalie Henrik Lundqvist blocks a shot by Kings centre Jeff Carter on Wednesday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Lundqvist silences Kings, critics to keep N.Y. alive

Stanley Cup final.

Rangers goalie makes 40 saves in another clutch performance



Mark Messier got his cameo on the Madison Square Garden video screens early in Game 4 of the Stanley Cup final, and used it to hold four fingers in the air to signify the four victories in a row the New York Rangers needed.

Celebrities Michael J. Fox and John McEnroe followed. By the end of Wednesday night

Lundqvist made 40 saves, including every single one in a

third period that included just one shot for the Rangers, who spent more than half the game clinging to a one-goal lead. The entire time "The King" was brilliant, continuing his spectacular play in elimination games at home.

Going into Game 4, Lundqvist had won seven straight in that situation with a 0.98 goals-against average and .967 save percentage. Stopping 40 of the 41 shots he faced helped him keep the streak alive.

Benoit Pouliot and Martin St. Louis scored for the Rangers. Captain Dustin Brown was the only Kings player able

to beat Lundqvist. At the other end, Jonathan Quick, who was the biggest reason Los Angeles had a three games to none lead in the series, finished with 17 saves in just his second NHL game at the Garden.

The half-hearted towel waving conveyed the energy in the building in the moments leading up to puck drop. After the price of tickets on the secondary market plummeted following the Rangers' 3-0 loss in Game 3, there was an air of nervousness on Wednesday night.

THE CANADIAN PRESS



Danny Green of the Spurs goes to the basket against Chris Bosh of the Heat during Game 3 of the NBA Finals on Tuesday in Miami. Scan the image with your Metro News app to find out the origins of players on one of the most culturally diverse teams in the NBA, the Spurs. ANDY LYONS/GETTY IMAGES

Miami coach forces Heat to relive Game 3 blowout

LeBron James has learned an important lesson during his journey from 19-year-old rookie to two-time NBA champion: Never talk back to the coach during a film session.

"Let him make his point, whether he's right or wrong, and you live with it and move on," James said.

Especially when the coach has as much to show his players as Erik Spoelstra did to James and the Miami Heat on Wednesday.

Miami's defence didn't of-

TV numbers
14.9M

The NBA Finals is averaging 14,921,000 viewers per game.

fer much resistance early in Game 3 of the NBA Finals; the San Antonio Spurs played like they were on the court by themselves. San Antonio made 19 of its first 21 shots and shot a finals-record 75.8 per cent in the first half of a 111-92 victory.

Just like last year, Game 3 was a blowout that left the Heat facing a 2-1 deficit. Miami came back to win the series, so nobody was overreacting to what happened Tuesday, especially since the Spurs themselves don't expect to shoot that way again. But the Heat have things to clean up before Game 4 on Thursday, or they risk going back to San Antonio facing the end of their title reign.

"For us, we have to make the adjustments," James said.

THE ASSOCIATED PRESS

4
SPORTS

World Cup. FIFA reports high sales, but highest-priced tickets and some games still on offer

Tickets remain available for more than 15 World Cup matches just a day before the tournament opener, including some involving Germany, Italy and France.

FIFA said it already sold more than 2.9 million tickets, but some were still on sale Wednesday.

There were plenty of tickets for matches between less-prominent nations, including Bosnia-Iran and Greece-Ivory Coast, but it was also still possible to attend games with some of the more traditional teams. Fans could still get tickets on FIFA's website for matches such as Germany-Ghana, Switzerland-France and Italy-Uruguay.

Only tickets for the highest-priced categories remained available for the better matches.

FIFA said last week that

'Patience will be tested.' Adam Scott prepares for his worst tournament

Adam Scott is trying to build a golf game that can travel to any golf course in the world for any tournament.

He can only hope it knows the way to Pinehurst No. 2. Or any U.S. Open course, for that matter.

Scott goes into this U.S. Open as one of the favourites because of his game, his form and his world ranking. The Australian didn't reach No. 1 in the world by accident. He has won six times around the world in the last two years and thrived in the majors.

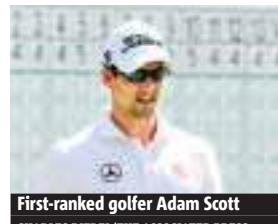
He won the Masters last year for his first major. He could easily have won the last two U.S. Opens. He was in the hunt at the PGA Champion-

Ticket sales

FIFA has estimates it will sell a total of 3.1 million tickets to 2014 World Cup games. Of those sold so far:

- 60 per cent to Brazilians
- 197,000 to Americans
- 2.2 million sold directly via FIFA.com

nearly 1,400 people were told to change their tickets because they were handed out before work in some of the stadiums was completed. It said seating configurations changed after technical teams established exactly where the media tribunes and broadcast equipment had to be placed in each of the 12 venues. **THE ASSOCIATED PRESS**



First-ranked golfer Adam Scott
CHARLES RIEDEL/THE ASSOCIATED PRESS

ship last year at Oak Hill.

But Scott hasn't broken 70 at the U.S. Open in five years. He has missed the cut as often as he has made it — six times each. And in those six times he completed 72 holes, he has yet to finish under par. His best performance was a tie for 15th. **THE ASSOCIATED PRESS**

L.A. Clippers sale

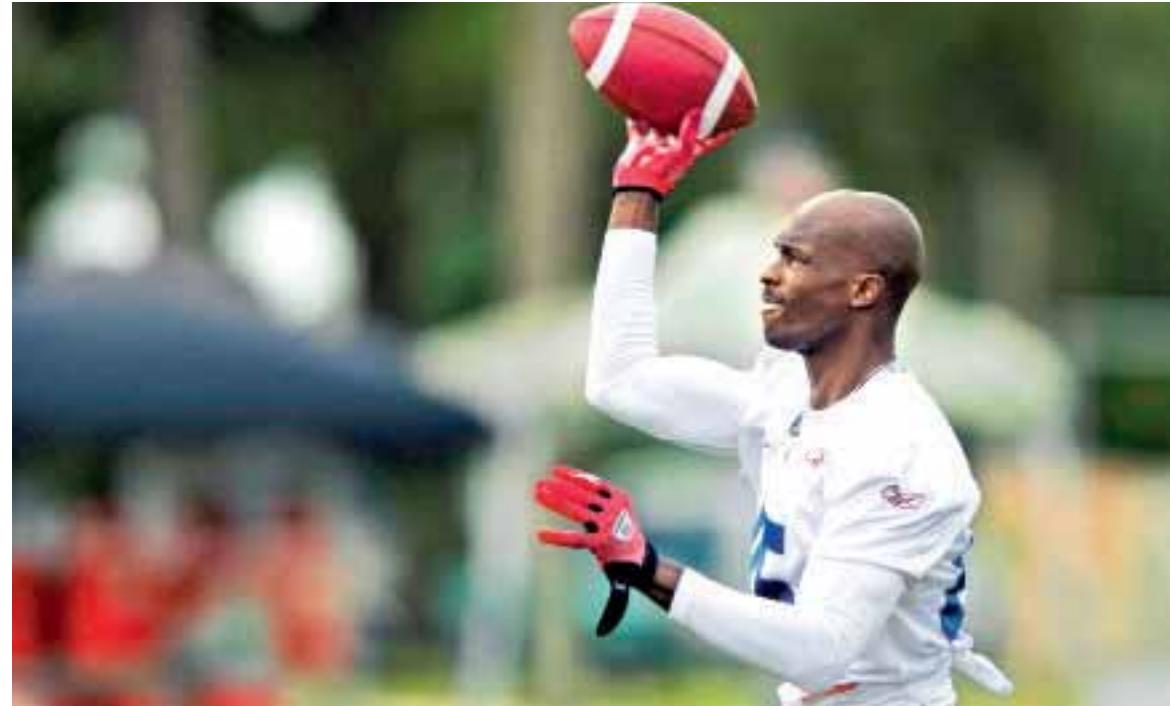
Sterling mentally incompetent, says wife's lawyer

A trial will be held next month to determine whether Donald Sterling, who opposes his estranged wife's planned sale of the Los Angeles Clippers, was properly removed as an administrator for the family

trust that owns the team.

An attorney for Sherry Sterling went to probate court Wednesday to request a trial to confirm that as sole trustee she can proceed with the \$2-billion sale to former Microsoft CEO Steve Ballmer.

Her lawyer, Pierce O'Donnell, said three doctors have filed reports saying Donald Sterling lacks the mental capacity to be a trustee. **THE ASSOCIATED PRESS**



Chad Johnson works out during minicamp with the Alouettes in Vero Beach, Fla., on April 15. SAM WOLFE/SCRIPPS TREASURE COAST NEWSPAPERS/THE ASSOCIATED PRESS

Former NFLer calls out Riders' safety

CFL. Chad Johnson and Tyron Brackenridge start a war of words on social media

Getting called out by former NFL star receiver Chad Johnson provided a welcome break from the monotony of training camp for Tyron Brackenridge.

Johnson, now with the Montreal Alouettes, took aim at the Saskatchewan Roughriders safety Tuesday on Twitter. Brackenridge was still chuck-

ling about it Wednesday.

"Was it entertaining?" Brackenridge asked with a laugh during a telephone interview. "I had fun with it."

"When you're dealing with the pressure of training camp, these two-a-days and meetings, it's good to have a little laugh here and there. He felt like I was the one he wanted to call out; I just entertained his antics."

It began innocently enough on Twitter when a fan asked Johnson, a popular social media figure with 3.6 million followers, which team was he most looking forward to facing this

One to keep your eye on

The six-foot, 190-pound Tyron Brackenridge was a league all-star last year and voted the CFL's hardest hitter by his peers.

season.

"#41 from the Rough Riders," Johnson tweeted, referencing Brackenridge.

After Brackenridge said, "Can't wait!" Johnson turned up the heat, tweeting: "I will run through you or around you,

whichever you prefer."

Brackenridge responded: "your cfl career will be short messing with me! You better ask your teammates or better yet find out for yourself."

Johnson countered: "They speak highly of you but you'll be dealt with."

Added Brackenridge, "they speak highly of me for a reason. It's a thin line between tough & stupid. If your not looking for #41 you'll regret it."

Saskatchewan opens its season hosting Hamilton on June 29. Montreal visits the Riders Aug. 16. **THE CANADIAN PRESS**

Blue Jays suddenly grounded

The Toronto Blue Jays want to put a couple of series losses behind them as they head out for a 10-game road trip that should give them a good idea of whether they're actually ready to be a contender in the American League East.

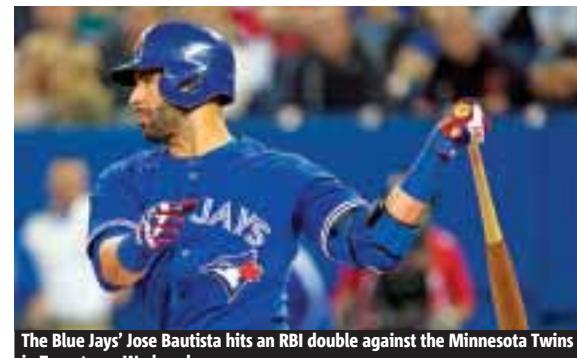
Toronto dropped a 7-2 decision to the Minnesota Twins on Wednesday afternoon, with only a pair of late runs preventing a second straight shutout loss.

Josh Willingham belted a two-run homer in the first inning and Kendrys Morales

hit a bases-clearing double in the seventh as the Twins took the rubber game of the three-game series. Twins starter Phil Hughes (7-2) struck out nine and allowed seven hits over seven shutout innings.

With the loss, Toronto's lead atop the division standings fell to five games over Baltimore and New York. The Orioles were home to Boston on Wednesday night while the Yankees were in Seattle.

The Blue Jays will play Baltimore and New York next week. **THE CANADIAN PRESS**



The Blue Jays' Jose Bautista hits an RBI double against the Minnesota Twins in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

You may be doing well financially but there is a danger you will take one risk too many and undo much of the good work you have done in recent weeks. Self-belief is great but too much can be self-defeating.

Taurus

April 21 - May 21

The planets warn you may do something so out of character today or tomorrow that even those who know you well will be shocked. Hopefully it won't damage your reputation.

Gemini

May 22 - June 21

Jupiter in the main financial area of your chart suggests you could come into money today but it also warns you could lose it as quickly as it arrives. Don't let rivals play on your greed.

Cancer

June 22 - July 23

A friend will offer you great advice but because it isn't what you were hoping to hear, you may ignore it. Almost certainly tomorrow's full moon will make sure you regret it, so don't let your ego get in the way of facts.

Leo

July 24 - Aug. 23

You may be tempted to push yourself both physically and mentally, but is that such a good idea? You are already moving fast and living close to the edge. One wrong step could send you over the precipice.

Virgo

Aug. 24 - Sept. 23

If you want to get the most from the day focus your energy in a single direction and put less important matters on the back burner for a while. If you crave success you have to be ruthless.

Libra

Sept. 24 - Oct. 23

You are attaching too much importance to issues that only a few days ago would have meant nothing. Why that should be is impossible to say but you need to ease up a bit.

Scorpio

Oct. 24 - Nov. 22

The approaching full moon warns your big ideas need to be brought down to earth. Inject some reality into your thinking over the next few days. You won't get rich on dreams alone.

Sagittarius

Nov. 23 - Dec. 21

A lot of good things have been happening but tomorrow's full moon in your sign will confront you with an issue that is unlikely to have a happy ending. Decide what's best for you and those you love, then act accordingly.

Capricorn

Dec. 22 - Jan. 20

There is a danger that you will start believing that nothing bad can happen. That kind of thinking is guaranteed to set off a cosmic chain of events designed to remind you that few things are written in stone.

Aquarius

Jan. 21 - Feb. 19

Don't let anyone tell you that you do not deserve your good fortune, because luck has nothing to do with it. The fact is you deserve every good thing now coming your way.

Pisces

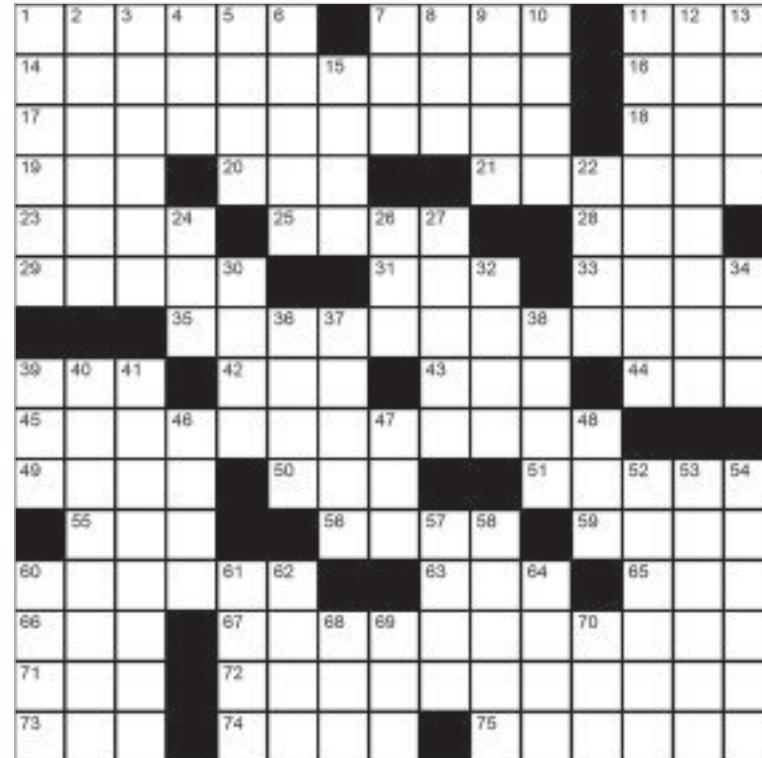
Feb. 20 - March 20

There are a lot of things going on behind the scenes and with tomorrow's new moon you could find yourself involved in plots and conspiracies. Make a point of taking none of it too seriously. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Reversible patterned fabric
- Poetic foot
- Utah's cap.
- June 12th, 2014 in Ontario this year: 2 wds.
- Golf club part
- Hits for this Canadian band include a cover of The Rolling Stones song at #35-Across
- Ms. Landers
- Beatles: " — Mine"
- Eastern prov.
- Become soggy: 2 wds.
- Survive
- Saturate
- ' — in Edmonton
- Loosen
- Mr. Howard
- City haze
- As per #17-Across, it goes: "Down to me, the change has come...": 3 wds.
- Panda symbol org.
- Mr. Knotts
- Honey maker
- Parisian possessive
- Nova Scotia: Eglise Sainte-Marie is North America's largest what?: 2 wds.
- 'Switch' suffix
- Blinker
- Emcees
- Mil. titles
- Millennium divs.
- "Magnum, P.I." setting
- Swedish tennis great Stefan
- Old high note
- Mai (Cocktail)
- Here: Spanish
- Tailoring tasks
- Millennium divs.
- de-sac
- Songbirds listed as 'Threatened' on Ontario's Species at Risk list, Eastern —
- Monogram of the horror author (b.1890 - d.1937) who created the monster Cthulhu
- Fasteners
- Actor Gary
- "Love Lucy", A — Production
- Director Robert
- "Not the — hint of a..."
- High card



Down

- "I Love Lucy", A — Production
- Director Robert
- "Not the — hint of a..."
- High card
- Pace
- Sky high toys
- 'Benedict' suffix
- L'il court prosecutor
- Ms. Helgenberger
- Memory unit
- BC: Granite monolith in Squamish, — Chief

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Elvis: "Are You — Tonight?"
- Penny
- "Love Rollercoaster" by The — Players
- Musician/radio personality John
- Ancient war god
- Coming-in-plane, e.g.
- Dried seaweed
- Michael (The Neverending Story author)
- Big Apple denizen
- Theatrical monogram
- Exhausted
- Britannica, e.g.
- savvy
- Vince McMahon's org.
- 2014 FIFA — Brazil
- As per #40-Down, the second 'F' of FIFA
- Amount of medicine
- " — Haw"
- Owl's chirp
- Enlightenment, in Zen Buddhism
- "I appreciate that"
- Geneva's country, in French
- Roman ruler
- Deli side orders
- Per
- Highway exit
- Hilarity
- Mythical Hun king
- Identify
- Mr. Begley Jr.'s
- Singer Janis

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	5	7	2	8	1	9	4	3
3	2	1	4	9	5	6	7	8
8	9	4	3	7	6	1	2	5
2	8	5	6	4	7	3	1	9
7	6	9	1	5	3	4	8	2
1	4	3	8	2	9	7	5	6
5	3	8	9	1	4	2	6	7
9	1	2	7	6	8	5	3	4
4	7	6	5	3	2	8	9	1

6	1	5	4	8
5	2	7	6	9
9	3	6	2	5
7	4	1	3	2
5	8	1	2	6

Weather

TODAY

FRIDAY

SATURDAY



MAX: 19°
MIN: 9°



MAX: 22°
MIN: 7°



MAX: 18°
MIN: 12°

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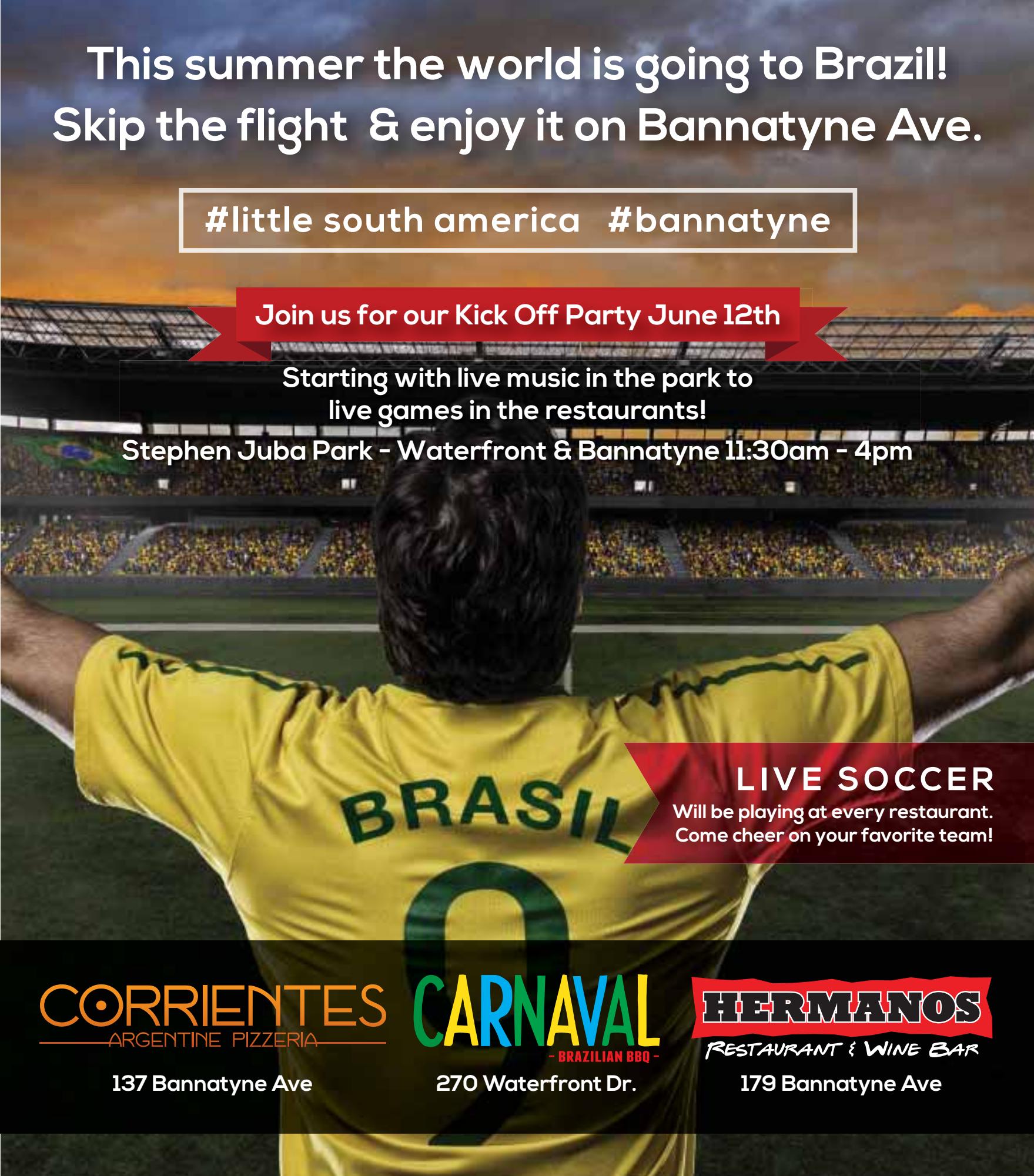
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ARGENTINE PIZZERIA

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CARNAVAL
- BRAZILIAN BBQ -

270 Waterfront Dr.

HERMANOS
RESTAURANT & WINE BAR

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